Services for Seniors
in San Francisco

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1997 Resource Guide

Prepared by the City & County of San Francisco Commission on the Aging
Senior Information & Referral

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City and County of San Francisco

Commission on the Aging

MEMORANDUM

DATE: March 19, 1997

TO: Senior Centrals
COA Contractors
SF Library

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FROM: Tania Bauer

RE: Update on Cerenio Management Group
Paratransit Broker

Attached is an updated information sheet about the Paratransit Broker. Please include this information in your files as there are some changes from the original material in the 1997 Resource Guide, Page 41.

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How to Use the Resource Guide

For easy reference the resource guide is divided into four main sections:

Alphabetical Index - (A-1 to A-19)

This section provides an alphabetical index of the agencies listed in the City & County Listings and the White Pages. Agencies are listed by their legal name, by their commonly used name, and by their acronym. For example, Economic Opportunity Council is listed as such and also as EOC. The Family Service Agency - Ombudsman Program is also listed as Ombudsman. The index is extremely useful in directing you to the exact page number of the agency you want. This is especially helpful when you are looking up agencies begin with the letters "C" and "S" since there are several agencies starting with those letters.

Services by Category - Beige Pages - (B-1 to B-12)

This section is organized so that particular agencies, or services, can be listed under a service category. For example, if the need is for Immigration/ Naturalization Services, look up Immigration/Naturalization Services in the Beige Pages. Available immigration services will be listed under that category.

There are 39 categories of services. An ***Index of Service Categories*** appears at the beginning of the Beige Pages.

Note: The agencies that are marked with an asterisk are further profiled in detail in the Agency Profile sections (City & County Listings and White Pages).

City & County of San Francisco Profiles - (C-1 to C-48)

This is a new section in the Resource Guide. City and county government agency profiles are separate to make it easier to locate. Under one umbrella heading of City & County of San Francisco, agencies that are particularly useful in the aging network are listed in this section. Each profile includes name, address, phone number, as well as, services provided, person-in-charge, days and hours of operation and other pertinent information.

Agency Profiles - (1 to 248)

This section provides an agency profile for over 230 vital services for seniors. Each profile includes name, address, phone number, as well as, services provided, person-in-charge, days and hours of operation and other pertinent information.

Agency Profiles are arranged alphabetically by their complete formal name. State and Federal public agencies are listed under their political jurisdiction, e.g., California State Department of Health Services, Health Facilities Licensing.

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ABUSE (ELDER)

It is estimated that approximately 4% of the elderly are victims of physical mistreatment, psychological abuse, severe neglect or financial exploitation each year. Under California law, health and social service providers are required to report physical abuse. The following services for preventing and/or reporting cases of abuse are available to victims, their families and professionals working with them:

ELDER ABUSE REFERRAL LINE: 626-1033

*Adult Protective Services 557-5230
to report and/or refer cases of abuse

*California Advocates for Nursing Home Reform (CANHR) 474-5171
for incidents of abuse occurring in nursing homes

*Consortium for Elder Abuse Prevention 750-4188
for prevention information and consultation

*Family Service Agency of San Francisco 474-7310
when mental health issues are involved

*Legal Assistance to the Elderly 861-4444
financial abuse cases only

*Ombudsman (Long Term Care) 751-9788
to report cases of abuse occurring in nursing homes or board and care facilities 1-800-231-4024

Police:

For life-threatening emergency, call 911

*Indicates agency is profiled within the White Pages

ADULT DAY HEALTH CARE CENTERS

Adult Day Health Care (ADHC) is a community-based day program of health, rehabilitation, and social services for disabled adults and the frail elderly. By assisting them in maximizing their independence and capacity for self-care, this program helps participants continue living at home and provides daytime respite to family members.

There are eight (8) licensed and Medi-Cal reimbursable agencies within the designated service areas of San Francisco. The State of California Department of Health Services license and certifies these programs. For further information see the Licensing and Certification section.

The San Francisco Adult Day Health Network
50 California Street, # 200
San Francisco, CA 94111
772-7371

*Bayview Hunters Point Adult Day Health Care **826-4774**
1250 La Salle Avenue
San Francisco, CA 94124
Lorraine Togia, Program Director

Continuum HIV Day Services **241-5500**
10 United Nations Plaza, # 200
San Francisco, CA 94102
Mark Arseneau, Director

*Laguna Honda Hospital Adult Day Health Care Center **759-3360**
375 Laguna Honda Blvd.
San Francisco, CA 94116
Linda Franco, Director

*North & South of Market Adult Day Health Corporation **882-7301**
55 Mabini
San Francisco, CA 94107
John Tinloy, Program Director

*North & South of Market Adult Day Health Corporation **923-9085**
230 Jones Street
San Francisco, CA 94102
Simon Tse, Program Director

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*On Lok Senior Health Services . . . . . 292-8888 Gen. Info.
(A program of all-inclusive care for the elderly) . . . . . 436-0267 Enrollment
1333 Bush St. Center
San Francisco, CA 94109
Kate O'Malley, Director of Health Services

Other On-Lok Sites:
1441 Powell Street Center, San Francisco, CA 94133
1000 Montgomery Street Center, San Francisco, CA 94133
225 - 30th Street Center, San Francisco, CA 94131

*St. Mary's Adult Day Health Care 334-4000
35 Onondaga
San Francisco, CA 94112
Shirley Locke, Director

*Self-Help for the Elderly Adult Day Health 666-1888
408 - 22nd Avenue
San Francisco, CA 94121
Veronica Rodriguez, Director

*UCSF/Mount Zion Center on Aging . . . . . 750-5350 Adult Day Health
3600 Geary Boulevard . . . . . 750-5330 Alzheimer's Ctr
San Francisco, CA 94118
Ann Blick Hamer, Director

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ADULT SOCIAL DAY CARE

Centers which serve as interim care for clients who do not need Adult Day Health Care but are not able to participate in a senior center.

*Family Service Agency . . . . . **474-7310 x 471**
Geriatric Day Treatment Center
1010 Gough Street
San Francisco, CA 94109

*Fannie L. Morris Adult Day Center **469-2252**
Jewish Home for the Aged
302 Silver Avenue
San Francisco, CA 94112

*Kimochi, Inc **922-9972**
1531 Sutter Street **931-2294** Admin.
San Francisco, CA 94109

*Montefiore Social Day Center . . . . . **292-1266 x 266**
3200 California Street
San Francisco, CA 94118

*Noriega Adult Day Support Center **242-8015**
3601 Noriega
San Francisco, CA 94122

*North of Market Senior Services **885-2274**
333 Turk Street
San Francisco, CA 94102

*RCH, Inc. (formerly the Recreation Center for the Handicapped) . . **665-4100**
207 Skyline Boulevard
San Francisco, CA 94132

*Ruth Ann Rosenberg **750-5350**
3600 Geary Boulevard
San Francisco, CA 94118

*Indicates agency is profiled within the White Pages

ADVOCACY

Programs which advocate changes, promote causes, or protect the rights of individuals or groups. This may include advocacy in the areas of client or patient rights, civil rights, affirmative action, architectural barrier removal, etc.

Better Business Bureau 243-9999
California Consumer Health Coalition
33 Montgomery Street
San Francisco, CA 94105

*California Advocates for Nursing Home Reform 474-5171
1610 Bush Street
San Francisco, CA 94109

*CASE - Coalition of Agencies Serving the Elderly 777-3773
P.O. Box 410865
San Francisco, CA 94141-0865

Congress of California Senior 1-916-442-4474
1228 "N" Street, Room 29
Sacramento, CA 95814

*Consortium for Elder Abuse Prevention 750-4188
Goldman Institute on Aging
3330 Geary Boulevard, 2nd Floor
San Francisco, CA 94118

*Consumer Action 777-9635
116 New Montgomery Street, #223
San Francisco, CA 94105

*Consumer Environmental Protection Unit 553-1814
732 Brannan Street
San Francisco, CA 94103

*Indicates agency is profiled within the White Pages

*Gray Panthers **552-8800**
1182 Market Street, # 203
San Francisco, CA 94102

KCBS - Call for Action . . . . . **478-3300** Gen. Public
One Embarcadero Center **765-4096** Agency Use
San Francisco, CA 94111

*Older Women's League **989-4422**
870 Market Street, #547
San Francisco, CA 94102

*Ombudsman - San Francisco (Long Term Care) **751-9788**
Family Service Agency of San Francisco Crisis Line **1-800-231-4024**
6221 Geary Boulevard
San Francisco, CA 94121

*Planning for Elders in the Central City (PECC) **703-0188**
1370 Mission Street, 3rd Floor **703-0186** Fax
San Francisco, CA 94103

*Patients' Rights Advocacy Services (PRAS) **552-8100**
2325 3rd Street, # 221
San Francisco, CA 94107

San Francisco Association of Residential Care Homes, Inc. **753-3216**
110 Vale Avenue
San Francisco, CA 94132
Pat Nobis, Director

*San Francisco Commission on the Aging **864-6051**
25 Van Ness Avenue, # 650
San Francisco, CA 94102

*San Francisco Tenants' Union **282-6622**
558 Capp Street
San Francisco, CA 94110

*Senior Action Network (SAN) **863-2033**
1370 Mission Street, 3rd Floor
San Francisco, CA 94103

*Indicates agency is profiled within the White Pages

*Senior Information and Referral 626-1033
Commission on the Aging
25 Van Ness Avenue, # 650
San Francisco, CA 94102

*Senior Power 541-9629
805 Howard Street
San Francisco, CA 94103

*Indicates agency is profiled within the White Pages

CAREGIVER SUPPORT SERVICES

The following support or self-help groups can put individuals in touch with other caregivers with whom they can share emotional support, understanding and suggestions for handling problems.

Caregiver support can provide an atmosphere of acceptance and encourage members to express their feelings, communicate more effectively and find more appropriate coping strategies.

Alzheimer's Association **962-8111**
Caregiving for someone with Alzheimers and dementia

*Bayview Hunter's Point Adult Day Health Center **206-7265**
General caregiving

*Catholic Charities **242-8015**
General caregiving

*Family Caregiver Alliance **434-3388**
Managing anger and life satisfaction; general caregiving group

*Goldman Institute on Aging - Alzheimer's Day Center **750-5330**
Caregiving for someone with Alzheimers and dementia

*Jewish Family & Children's Services **561-1215**
Adult children of aging parents

*Jewish Family & Children's Services **561-1217**
Long distance caregiving

Kairos Support for Caregivers **861-0877**
Support to anyone caring for or about an HIV or AIDS affected person

*On Senior Health Services **550-2230**
General caregiving; Spanish speaking groups

*Self-Help for the Elderly **666-1888**
Cantonese speaking groups

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CASE MANAGEMENT

Coordinate all social, medical psychiatric services for clients with the intent of stabilizing client at current level of care. Case management provides support on an on-going basis to insure a stable environment through assessing need, planning care, implementing and coordinating program delivery, follow-up and re-assessment.

*Bayview-Hunters Point Network for Elder 647-5353
3450 - 3rd Street, Building 2A #200
San Francisco, CA 94124

*Catholic Charities Senior Services 442-5211
814 Mission Street, 3th Floor
San Francisco, CA 94103

*Centro Latino de San Francisco 861-8758
1656 15th Street
San Francisco, CA 94103

*Coming Home 296-0937
220 Montgomery Street, Suite 383
San Francisco, CA 94104

*Health at Home, Home Health Agency 753-8116
SF Department of Public Health
1351 - 24th Avenue
San Francisco, CA 94122

*Jewish Family and Children's Services 567-8860
Geriatric Services
1600 Scott Street
San Francisco, CA 94115

*Linkages, S.F. 750-4141
Goldman Institute on Aging
3626 Geary Boulevard
San Francisco, CA 94118

*Neighborhood Elders Support Team (N.E.S.T.) 206-9177
Bernal Heights Neighborhood Center
515 Cortland Avenue
San Francisco, CA 94110

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*North of Market Multipurpose Senior Services **885-2274**
333 Turk Street
San Francisco, CA 94102

*On Lok Senior Health Services **550-2210**
225 - 30th Street
San Francisco, CA

*Salvation Army Meals & Activities Program **777-5350**
850 Harrison Street
San Francisco, CA 94107

*San Francisco Department of Public Health --
Division of Mental Health (DMH)

DMH - Central City Seniors Unit **554-3277**
1155 Market Street, Room 104
San Francisco, CA 94103
Serves: Tenderloin , South of Market to Bush Street

DMH **386-6600**
6221 Geary Boulevard, 1st Floor
San Francisco, CA 94121
Serves: OMI, Richmond, Sunset

DMH **352-2000**
729 Filbert Street
San Francisco, CA 94133
Serves: Chinatown, North Beach

DMH **337-4722**
3905 Mission Street
San Francisco, CA 94112
Serves: Bayview-Hunter's Point, Mission, Outer Mission, Potrero Hill, Visitacion Valley

DMH **474-7310**
Family Service Agency of San Francisco
1010 Gough Street
San Francisco, CA 94109
Serves: Western Addition, Pacific Heights, Marina, Fillmore, Haight

*Indicates agency is profiled within the White Pages

*San Francisco Multipurpose Senior Services Program (MSSP) **750-4141**
Institute on Aging
3626 Geary Boulevard
San Francisco, CA 94118

*Indicates agency is profiled within the White Pages

Funeral Plans:

Bay Area Funeral Society (Consumer Info) **1-510-841-6653**
GHIA Gallery (Consumer Info) **282-2832**

Grief Counseling/Support Groups:

*Catholic Charities - Grief Care **564-7882**

*Center for Elderly Suicide Prevention and
Grief Related Services **750-5355**

*Jewish Family & Children Services **561-1212**

Hospice Services:

To provide physical, psychological, social and spiritual care to those individuals who have been diagnosed as terminally ill, their families and loved ones. Hospice service may be administered in the home, hospital, nursing home or in an alternative facility:

Coming Home Hospice **861-8705**

*Community Hospice Foundation/Hospice by the Bay **626-5900**

Hospice Preferred Choice, Inc. **979-0925**

*Visiting Nurses & Hospice of San Francisco **750-4404**

Other Services:

Coroner's Office **553-1694**
850 Bryant Street, San Francisco, CA 94103

Death Certificates and Death Records **554-2707**
101 Grove Street, 1st Floor, San Francisco, CA 94102

Social Security Benefits **1-800-772-1213**

Veteran's Administration **1-800-827-1000**

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DENTAL

Dental Medi-Cal Referral Program 1-800-322-6384

*Family Dental Center 476-5692
SFGH - UCSF
1001 Potrero Avenue, Building 20, Room 2203
San Francisco, CA 94110

*San Francisco Dental Society (Administration) 928-7337
2143 Lombard Street
San Francisco, CA 94123

*San Francisco General Hospital 206-8104
Oral Surgery Clinic
1001 Potrero Avenue, 1N
San Francisco, CA 94110

*Senior Dental Program (Referrals) 421-1435
760 Market Street, #828
San Francisco, CA 94102
For discount referrals

*South of Market Health Clinic 626-2951
551 Minna Street
San Francisco, CA 94103

UCSF School of Dentistry 476-1891
707 Parnassus
San Francisco, CA 94143

*University of Pacific School of Dentistry 929-6501
2155 Webster Street
San Francisco, CA 94115

*Indicates agency is profiled within the White Pages

DISABILITIES

According to Section 504 of the 1973 Rehabilitation Act and the 1990 American with Disabilities Act, disability "means with respect to the individual, a permanent or temporary physical or mental impairment that substantially limits one or more of the major life activities of the individual."

The following agencies provide assistance to persons with disabilities:

*Arthritis Foundation (Northern California Chapter) **673-6882**
203 Willow Street, Suite 201
San Francisco, CA 94109-7731

*California State Department of Rehabilitation **904-7100**
185 Berry Street, #180
San Francisco, CA 94107

*Catholic Charities - Hearing Impairment Program **749-3812**
1801 Octavia Street **749-3810** TDD
San Francisco, CA 94109-4328

Deaf Counseling Advocacy & Referral Agency (DCARA) **749-7492**
745 Franklin Street
San Francisco, CA 94102

*Independent Housing Service **543-8286**
995 Market Street, # 408
San Francisco, CA 94103

*Independent Living Resource Center of San Francisco **863-0581**
70 -10th Street **863-1367** TTY
San Francisco, CA 94103

*Multiple Sclerosis Society - Northern California Chapter **1-800-344-4867**
150 Grand Avenue
Oakland, CA 94612

Muscular Dystrophy Association, Inc. **570-6166**
3 Waters Park Drive, Suite 204
San Mateo, CA 94403

*Indicates agency is profiled within the White Pages

*National Association for the Visually Handicapped 221-3201
3201 Balboa
San Francisco, CA 94121

*New Leaf Services 626-7000
Gay & Lesbian Outreach to Elders - G.L.O.E.
1853 Market Street
San Francisco, CA 94103
Groups for disabled men and women

Pacific Bell 1-800-772-3140
Phone discounts; equipment for persons with disabilities

*RCH, Inc., (formerly the Recreation Center for the Handicapped) . . 665-4100
207 Skyline Blvd.
San Francisco, CA 94132

*Rose Resnick Lighthouse for the Blind and Visually Impaired, The . . 431-1481
214 Van Ness Avenue
San Francisco, CA 94102

*San Francisco Public Library for the Blind 557-4253
Main Library - 100 Larkin Street
San Francisco, CA 94102

*San Francisco SPCA Hearing Dog Program 554-3020
2500 16th Street
San Francisco, CA 94103

*United Cerebral Palsy Association of San Francisco 627-6939
660 Market Street #401
San Francisco, CA 94104

*U.C. Center on Deafness 476-4980
3333 California Street # 10 476-7600 TTY
San Francisco, CA 94143-1208

*Indicates agency is profiled within the White Pages

*American Red Cross 427-8000
85 Second Street
San Francisco, CA 94105

*Artworks -- Goldman Institute on Aging 750-4187
3330 Geary Boulevard, 2nd Floor East
San Francisco, CA 94118

Center for Learning in Retirement (CLIR) 863-4518
U.C. Extension
55 Laguna Street
San Francisco, CA 94102

City College of San Francisco 561-1850
Chinatown/North Beach Campus
940 Filbert Street
San Francisco, CA 94133

City College of San Francisco 267-6500
Downtown Campus
800 Mission Street
San Francisco, CA 94103

*City College of San Francisco 550-4415
Mission Campus - Older Adults Department
106 Bartlett Street
San Francisco, CA 94110

*City College of San Francisco 550-4300
Southeast Campus
1800 Oakdale Avenue
San Francisco, CA 94124

*Community Music Center - Mission Branch 647-6015
544 Capp Street
San Francisco, CA 94110

Community Music Center - Richmond Branch 221-4515
741 30th Avenue
San Francisco, CA 94121

*Indicates agency is profiled within the White Pages

Fort Mason Foundation 441-5706
Building A
Intersection of Marina & Buchanan
To reserve conference room space

*Fromm Institute for Lifelong Learning 666-6805
University of San Francisco, Room 538
San Francisco, CA 94117-1080

*Gray Panthers 552-8800
1182 Market Street # 203
San Francisco, CA 94102

League of Women Voters 989-8683
114 Sansome # 513
San Francisco, CA 94104

Mission Language & Vocational School 648-5220
2929 - 19th Street
San Francisco, CA 94110

*Options for Women Over 40 837-0157
690 Market Street, # 501
San Francisco, CA 94104
Computer classes

*Planetree Health Resource Center 923-3680
2040 Webster Street
San Francisco, CA 94115

San Francisco Adult Literacy Center 621-8327
Box 15508
San Francisco, CA 94115

San Francisco Public Library 557-4400
Hearing Impaired (TDD) 557-4433
Hearing Impaired (Voice) 557-4434

*San Francisco Library on Wheels 557-4345

*San Francisco Library for the Blind 557-4253

*Indicates agency is profiled within the White Pages

*San Francisco S.A.F.E., Inc. **673-7233**
850 Bryant Street, # 565 **553-1984**
San Francisco, CA 94103
Crime prevention

*San Francisco State University **338-2127**
Urban Elders Program/Extended Education
22 Tapia Drive
San Francisco, CA 94132

*Senior Information and Referral **626-1033**
Commission on the Aging
25 Van Ness Avenue, Suite 650
San Francisco, CA 94102

*Senior Net (Computers for Seniors) **352-1210**
1 Kearny Street, 3rd Floor
San Francisco, CA 94108

*Indicates agency is profiled within the White Pages

EMERGENCY NUMBERS

For all emergencies, call	911
*Adult Protective Services (Dept. of Human Services)	557-5230
*Center for Elderly Suicide & Grief Related Services	752-3778
Drug Line	362-3488
*Elder Abuse Referral Line (Senior Information and Referral)	626-1033
Emergency Psychiatry at San Francisco General Hospital *For all geriatric service centers*	206-8125
Fire Department of San Francisco	911 861-8020
*La Casa de las Madres *(Battered Women Shelter)*	777-1808
Mental Health Information and Referral	981-4700
*Night Ministry, San Francisco (10 pm - 4 am)	986-1464
Pacific Gas & Electric Company *(Customer Service Dept.)*	1-800-743-5000
Paramedic Division of San Francisco Public Health	206-7800
Poison Control Center	1-800-523-2222
San Francisco Ambulance	911 or 931-3900
San Francisco Suicide Prevention	781-0500
Tom Waddell Clinic 50 Ivy Street San Francisco, CA 94102	554-2950
UC School of Dentistry	476-1891
University of Pacific School of Dentistry	929-6501

*Indicates agency is profiled within the White Pages

EMERGENCY MEDICAL BUTTON RESPONSE SYSTEMS

In an emergency, one touch of your portable help button will bring help within minutes. With any of the following response systems help is always at your fingertips, 24 hours a day. The portable help button offers peace of mind and independence to the user and provides respite and reassurance for family and caregivers.

Bay Area Life Line **1-800-380-3111**

Bay Area Vital Link - Emergency Life Saving System **1-800-752-5522**
2131 University Avenue, Suite 314
Berkeley, CA 94704

Communi-Call -- California Pacific Medical Center **923-3515**
2351 Clay Street
San Francisco, CA 94115

Mercy-Line -- St. Mary's Hospital & Medical Center **750-5530**
450 Stanyan Street
San Francisco, CA 94117

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EMPLOYMENT

*Alumnae Resources . . . . . 274-4700 Office
120 Montgomery Street # 600 274-4711 Resource Center
San Francisco, CA 94104

*Arriba Juntos 863-9307
2017 Mission Street, 2nd Floor
San Francisco, CA 94110

*City and County of San Francisco -- Human Resources Dept. 557-4800
44 Gough Street 557-4888 Hotline
San Francisco, CA 94103

*Employment Development Department . . . . . 749-7503 Gen. Info
(State of California) 749-7524 Casual Labor
801 Turk Street 749-7525 Employers
San Francisco, CA 94102

*Experience Renaissance Plus, Inc. 546-7161
995 Market Street, Suite 604
San Francisco, CA 94103

*Foster Grandparent Program 751-9786
6221 Geary Boulevard, 3rd Floor
San Francisco, CA 94121

Goodwill Industries of San Francisco *(Job Line)* 575-2100
2150 Army Street
San Francisco, CA 94124

Jewish Vocational & Career Counseling Service 391-3595
77 Geary # 401
San Francisco, CA 94108

*National Council on the Aging 982-7007
870 Market Street, Suite 785
San Francisco, CA 94102

*Options for Women Over 40 837-0157
690 Market Street # 501
San Francisco, CA 94104

*Indicates agency is profiled within the White Pages

*St. Anthony Employment Service **241-8330**
55 Jones Street
San Francisco, CA 94102

*Self-Help for the Elderly -- Enterprise Home Service **982-9171**
407 Sansome Street
San Francisco, CA 94111

*Senior Companions -- Family Service Agency **751-9786**
6221 Geary Boulevard, 3rd Floor
San Francisco, CA 94121

*Senior Information and Referral **626-1033**
Commission on the Aging
25 Van Ness Avenue, Suite 650
San Francisco, CA 94102
For list of employment services sensitive to needs of seniors

*Senior Power **541-9629**
805 Howard Street
San Francisco, CA 94103
Posts job announcements on bulletin board

Veteran's Center **431-6021**
25 Van Ness Avenue, 1st Floor
San Francisco, CA 94102
EDD Counselor on site; vocational rehabilitation services

*Indicates agency is profiled within the White Pages

FINANCIAL ASSISTANCE SERVICES

*C.E.R.F. 252-3177
Code enforcement and rehabilitation loan program

*Coming Home 296-0937
220 Montgomery Street, Suite 383
San Francisco, CA 94104

*Consumer Credit Counselors of San Francisco,
Peninsula and Marin 788-0288
77 Maiden Lane
San Francisco, CA 94108

*Economic Opportunity Council (E.O.C.)
Energy Assistance and Free Weatherization Program 641-1833

HEAP -- Home Energy Assistance Program 1-800-433-4327

Housing Conservation & Development Corporation 586-8000
1637 Ocean Avenue
San Francisco, CA 94112

*Income Rights Project 431-9771
333 Valencia Street, # 450
San Francisco, CA 94103

*Jewish Family & Children's Services 567-8860
1600 Scott Street
San Francisco, CA 94115

Pacific Bell 1-800-772-3140
Equipment loan for persons with disabilities

Pacific Gas & Electric Company 1-800-743-5000
Help with customer's bill

Property Tax Postponement 1-800-952-5661

*Public Guardian *(See San Francisco Public Guardian/Administrator)*

*Indicates agency is profiled within the White Pages

*Rep Payee (San Francisco Public Guardian) formerly FRAIL **554-1175**
25 Van Ness Avenue
San Francisco, CA 94102

Reverse Annuity Mortgage Information,
call Consumer Credit Counselors **788-0288**

*San Francisco Department of Human Services
150 Otis Street
San Francisco, CA 94103

General Information **558-1000**
557-5000
General Assistance **558-1000**
Food Stamps **558-4186**
Medi-Cal **863-9892**
Replacement Medi-Cal Card **557-6071**
In-Home Support Services **557-5251**

*San Francisco Public Guardian/Administrator **554-1150**
25 Van Ness Avenue, Suite 200
San Francisco, CA 94102

Social Security Offices

Toll free number for Social Security **1-800-772-1213**
Toll free number for Medicare **1-800-952-8627**
Individual status on Medicare (not toll free) **1-818-593-2006**

*Bayview-Hunter's Point **556-5325**
3801 - 3rd Street, #280
San Francisco, CA 94124
Serves zip codes 94107,24,34

*Chinatown Branch **705-1065**
560 Kearny Street
San Francisco, CA 94108
Serves zip codes 94108, 11, 33

*Indicates agency is profiled within the White Pages

Social Security Offices (cont.)

*Civic Center Branch 556-3226
10 United Nations Plaza, 5th Floor 556-3224 SSI
San Francisco, CA 94102 556-3223 Soc. Sec.
Serves zip codes 94102,03,04,05, 09,19,20,21,23,29,30,39

*Mission Branch 556-4043
1098 Valencia Street
San Francisco, CA 94110
Serves zip codes 94107,10,12,14

*Parkside Branch 556-4078
1569 Sloat Blvd., Suite 300
San Francisco, CA 94132
Serves zip codes 94114,16,22,27, 28,31,32

*Western Addition 556-9325
1405 Fillmore Street
San Francisco, CA 94115
Serves zip codes 94115,17,18

*Indicates agency is profiled within the White Pages

This section will provide information regarding congregate meal sites for seniors, emergency (free) food sites, home-delivered meals, and other nutrition resources.

Congregate Meal Sites:

According to Title III, Section C-1 of Older American's Act "congregate nutrition services shall be available to persons 60 years of age or older and their spouses, regardless of age." For more information regarding individual sites see Senior Centers and Clubs or call:

Senior Information and Referral 626-1033
for complete listing of nutrition sites

Emergency Resources:

*Martin de Porres *(Meals served)* 552-0240
225 Potrero
San Francisco, CA 94103

*St. Anthony Dining Room *(Meals served)* 241-2600
45 Jones Street
San Francisco, CA 94102

*San Francisco Food Bank *(Brown Bag Program)* 957-1076
333 Illinois Street
San Francisco, CA 94107

Note: The San Francisco Free Eats & Free Shelter Chart provides a complete listing of emergency meal and shelter programs throughout the city. For a copy or more information, call Senior I&R at 626-1033 or the Helpline at 772-HELP.

Home-Delivered Meals:

According to Title III, Section C-2 of the Older American's Act "home-delivered nutrition services shall be available to any person, age 60 or over, who is homebound by reason of illness, incapacitation, disability, or is otherwise isolated. The spouse of the homebound older person, regardless of age or condition, may receive a home-delivered meal if, according to criteria determined by the Area Agency on Aging, receipt is in the best interest of the homebound older person."

*Indicates agency is profiled within the White Pages

Home Delivered Meals (Cont.)

*Clearinghouse for Home Delivered Meals 648-5592

Note: The Clearinghouse can not accept calls directly from clients/seniors. This number is to be used by social workers or other service providers wishing to obtain this service for a client. The Clearinghouse is responsible for prioritizing client needs and maintaining the waiting lists for all of the home-delivered meal programs.

The general public may call any of the agencies listed below for information or service:

*Centro Latino de San Francisco 861-8758
Serves Inner Mission, Noe Valley

*Kimochi 931-2287
Serves Japantown, Richmond, Sunset

*Meals on Wheels 920-1111
Serves Citywide

*On Lok - 30th St. Senior Center 550-2225
Serves Mission, Noe Valley, Bernal Heights, Diamond Heights, Excelsior

*Self-Help for the Elderly 982-9171
Serves Chinatown, Tenderloin, North Beach

United Jewish Community Center 292-1219
Serves Richmond, Sunset; kosher nutrition

*Western Addition Senior Center 921-7805
Serves Western Addition

Other Resources:

*Economic Opportunity Council (E.O.C.) 247-7847
1 - 2nd Street, 2nd Floor
San Francisco, CA 94105
For surplus food locations

*Indicates agency is profiled within the White Pages

Other Resources (Cont.)

*Food Stamp Program **558-4186**
1235 Mission Street (at 8th St.)
San Francisco, CA 94103
Seniors can apply by mail

*Salvation Army Senior Meals & Activities Program **777-5350**
850 Harrison Street
San Francisco, CA 94107
29 sites served

*S.H.A.R.E. of Northern California **1-800-499-2506**
4075 Lakeside Drive **1-510-222-2506**
Richmond, CA 94806
Self-help and resource exchange; cooperative -- all ages and income levels

University of California **871-7559**
Cooperative Extension
300 Piedmont, Bldg. "C", Room 305-A
San Bruno, CA 94066
Provides nutrition education only

*Indicates agency is profiled within the White Pages

FRIENDLY VISITORS

These agencies provide homebound elders who suffer from boredom, isolation and loneliness with a regular visitor:

*Center for Elderly Suicide & Grief-Related Services 752-3778
Friendship Line for the Elderly
c/o Goldman Institute on Aging
3626 Geary Boulevard
San Francisco, CA 94118
Coordinator: Shauna Schwab

*Family Caregivers Alliance 434-3388
425 Bush Street # 500
San Francisco, CA 94108

*Gay/Lesbian Outreach for Elders (GLOE) 626-7000
New Leaf
1853 Market Street
San Francisco, CA 94103
Coordinator: Ruth Morales

*Jewish Family and Children Services 567-8860
1600 Scott Street
San Francisco, CA 94115
Coordinator: Debbi Goodman

*Little Brothers -- Friends of the Elderly 771-7957
481 O'Farrell Street
San Francisco, CA 94102
Contact: David Knego

*Meals on Wheels 920-1111
1375 Fairfax Avenue
San Francisco, CA 94103
Coordinator: Betty Lucas

*National Association for the Visually Handicapped 221-3201
3201 Balboa Street
San Francisco, CA 94121
Coordinator: Jeannine Toussaint-Caron

*Indicates agency is profiled within the White Pages

*Rose Resnick Lighthouse for the Blind and Visually Impaired **431-1481**
214 - Van Ness Avenue
San Francisco, CA 94102
Coordinator: Pam Spindler

*St. Anthony Foundation - Senior Services **241-2660**
121 Golden Gate Avenue
San Francisco, CA 94102
Coordinator: Melanie Goldfeld

St. Francis Lutheran Church **621-2635**
152 Church Street
San Francisco, CA 94114
Coordinator: Phyllis Zillhart

*Senior Companion Project **474-7310**
1010 Gough Street
San Francisco, CA 94109
Coordinator: Ana Cho

*Tenderloin Elder Friends **928-6209**
Network Ministries
559 Ellis Street
San Francisco, CA 94109
Coordinator: David Kaye

*Indicates agency is profiled within the White Pages

The following agencies are responsive to the needs of the Lesbian and Gay community:

Community United Against Violence (C.U.A.V.) . . . . . **777-5500** Admin.
973 Market Street, #500 . . . . . **333-HELP** Crisis Line
San Francisco, CA 94103
Crime prevention and education program

Deaf Gay & Lesbian Center **255-0700**
4035 - 18th Street
San Francisco, CA 94114

G-40+ **552-1997**
P.O. Box 426741
San Francisco, CA 94142-6741
Offers social activities for gay and bisexual men age 40 and up and information and referral services

*Gay & Lesbian Outreach to Elders (G.L.O.E.) **626-7000/v.m. 134-137**
New Leaf Services
1853 Market Street
San Francisco, CA 94103
Offers social activities and various social services

*Independent Housing Service **543-8286**
995 Market Street, Suite 408
San Francisco, CA 94103
Housing information

*Innovative Housing **626-6314**
425 Divisadero Street, # 300
San Francisco, CA 94117
Alternative housing program

*Little Brothers Friends of the Elderly **771-7957**
481 O'Farrell Street
San Francisco, CA 94102
Friendly visiting program

*Indicates agency is profiled within the White Pages

Lyon Martin Clinics **565-7667**
1748 Market Street, # 201
San Francisco, CA 94102
Women's health clinic

North of Market Senior Services Center **885-2274**
333 Turk Street
San Francisco, CA 94102
Multipurpose senior center

Parents and Friends of Lesbians and Gays (P-Flag) **921-8850**
P.O. Box 640223
San Francisco, CA 94164
Support group for the parents, families and friends of Lesbians and Gays

*Indicates agency is profiled within the White Pages

CITY AGENCIES:

Anonymous Drug Hotline (To report) 553-1600

*Human Resources, Department of 557-4800

Medi-Cal Information 863-9892
150 Otis Street Mailing Address: P.O. Box 7988, S.F., CA 94120
San Francisco, CA 94103

Mayor, Willie J. Brown, Jr. 554-6141

*Mayor's Assistance & Neighborhood Outreach (MANO) 554-7111

Registrar of Voters 554-4375

San Francisco Board of Supervisors: 554-5184

AMMIANO, Tom 554-5144

BIERMAN, Sue 554-6661

BROWN, Amos 554-7601

KATZ, Leslie 554-5335

KAUFMAN, Barbara 554-4880

LEAL, Susan 554-6644

MEDINA, Jose 554-5405

TENG, Mabel 554-4981

YAKI, Michael 554-7901

YEE, Leland 554-7752

A supervisor yet to be appointed by the Mayor:
_____ . . . . . call main #

*Indicates agency is profiled within the White Pages

*San Francisco Commission on the Aging 864-6051
25 Van Ness Avenue #650
San Francisco, CA 94102

*San Francisco Department of Human Services 557-5000
170 Otis Street 558-1000
San Francisco, CA 94103 557-5230 APS Intake
557-5251 Homemaker

*San Francisco Public Guardian/Administrator 554-1150
25 Van Ness Avenue, Suite 200
San Francisco, CA 94102
Conservatorships

Small Claims Desk - Municipal Court . . . . . 554-4565 Taped Mess.
575 Polk Street 554-4566
San Francisco, CA 94102

Victim-Witness Assistance 553-9044
850 Bryant Street, 3rd Floor, Room 320
San Francisco, CA 94103

STATE AGENCIES

Department of Aging . . . . . 1-916-322-3887 Info
1600 "K" Street 1-916-327-3661 Fax
Sacramento, CA 95814

Franchise Tax Board 1-800-852-5711
50 Fremont Street, 9th Floor
San Francisco, CA 94105

STATE ASSEMBLY

Kevin Shelley (12th District) 885-1212
701 Van Ness Avenue, # 310
San Francisco, CA 94102

Carole Migden (13th District) 557-0784
1700 California Street, Suite 340
San Francisco, CA 94109

*Indicates agency is profiled within the White Pages

Jackie Spier (19th District) 871-4100
220 South Spruce Avenue, Room 101
South San Francisco, CA 94080

STATE SENATE

John Burton (3rd District) 447-1240
601 Van Ness Avenue, # 2030 . . . . . 346-4009 Fax
San Francisco, CA 94102

Quentin Kopp (8th District) 952-5666
363 El Camino Real, # 205
South San Francisco, CA 94080

FEDERAL OFFICES

Administration of Aging 437-8780
50 United Nations Plaza, Room 450
San Francisco, CA 94102

Federal Information Center 1-800-688-9889

Immigration & Naturalization Service 705-4411
630 Sansome Street, Room 200
San Francisco, CA 94111

Internal Revenue Service (Federal tax & info) 1-510-839-1040
450 Golden Gate Avenue (drop-in for forms) 1-800-TAX-FORM
San Francisco, CA 94102 1-800-829-3676 (forms)

U.S. CONGRESS

Barbara Boxer (Senator) 403-0100
1700 Montgomery, Suite 240
San Francisco, CA 94111

Dianne Feinstein (Senator) 536-6868
525 Market Street, Suite 3670
San Francisco, CA 94105

*Indicates agency is profiled within the White Pages

Nancy Pelosi (Congresswoman - 8th District) **556-4862**
450 Golden Gate Avenue, # 145378
San Francisco, CA 94102

Lynn Woolsey (Congresswoman - 6th District) **507-9554**
1050 Northgate Drive, # 140
San Rafael, CA 94903

*Indicates agency is profiled within the White Pages

*[San Francisco] Department of Public Health . . . . . **554-2500** Adm. Ofc.
101 Grove Street
San Francisco, CA 94102

*[San Francisco] Department of Public Health -- Health Centers and Clinics:

#1 Castro/Mission Health Center . . . . . **487-7550** PH Nurse
3850 - 17th Street **487-7500** Clinic
San Francisco, CA 94114

#2 Maxine Hall Health Center . . . . . **292-1330** PH Nurse
1301 Pierce Street **292-1300** Clinic
San Francisco, CA 94115

#3 Silver Avenue Family Health Center . . . . . **715-0300** PH Nurse
1525 Silver Avenue **715-0300** Clinic
San Francisco, CA 94134

#4 Chinatown Public Health Center . . . . . **705-8590** PH Nurse
1490 Mason Street **705-8500** Clinic
San Francisco, CA 94133

#5 Ocean Park Health Center . . . . . **753-8100** General
1351 - 24th Avenue
San Francisco, CA 94122

Potrero Hill Health Center **648-3022**
1050 Wisconsin Street
San Francisco, CA 94107

Southeast Health Center **715-4000**
2401 Keith Street
San Francisco, CA 94124

Tom Waddell Clinic **554-2950**
50 Ivy Street
San Francisco, CA 94102

*California Pacific Medical Center - Psychiatric Unit **923-3254**
2323 Sacramento Street
San Francisco, CA 94115

*Indicates agency is profiled within the White Pages

Haight Ashbury Free Medical Clinic **487-5632**
558 Clayton Street
San Francisco, CA 94117

*Lakeside Senior Medical Center - UCSF/Mt. Zion **586-8600**
Primary Care
2501 Ocean Avenue
San Francisco, CA 94132

*Mission Neighborhood Health Center **552-3870**
240 Shotwell Street
San Francisco, CA 94110

*Native American Health Center **621-8051**
56 Julian
San Francisco, CA 94103

*Northeast Medical Services **391-9686**
1520 Stockton Street
San Francisco, CA 94133

*North of Market Senior Services **885-2274**
333 Turk Street
San Francisco, CA 94102

*St. Anthony Foundation – Clinic **241-8320**
105 - 107 Golden Gate Avenue
San Francisco, CA 94102

St. Mary Philippa Memorial Clinic **750-5500**
2235 Hayes Street, 5th Floor
San Francisco, CA 94117

*South of Market Health Center **626-2951**
551 Minna Street
San Francisco, CA 94103

*Veterans Affairs Medical Center **221-4810**
4150 Clement Street
San Francisco, CA 94121

*Indicates agency is profiled within the White Pages

A.I.D.S./HIV:

*New Leaf Services 626-7000
Gay & Lesbian Outreach to Elders (G.L.O.E.)
1853 Market Street
San Francisco, CA 94103

Northern California Hotline 1-800-FOR-AIDS
1-800-367-2437

San Francisco AIDS Foundation . . . . . 863-AIDS Hotline
10 United Nations Plaza 864-4376 Bus. Ofc.
San Francisco, CA 94102

Shanti Project 864-2273
1546 Market Street
San Francisco, CA 94102
Counseling and emotional support to persons living with AIDS, their loved ones and family. Evening support groups.

U.C.S.F. AIDS Health Project 476-6430
Mailing Address: Box 0884
1855 Folsom Street, Suite 506
San Francisco, CA 94143-0884
For information on AIDS support groups and risk reduction

*Visiting Nurses Association & Hospice of San Francisco 750-4404
Home Health & Hospice Programs 221-9427 TDD
3360 Geary Boulevard 221-7014 Fax
San Francisco, CA 94118

Alzheimer's:

*Alzheimer's Day Center 750-5330
Goldman Hospital & Medical Center
3600 Geary Boulevard
San Francisco, CA 94118

*Indicates agency is profiled within the White Pages

Alzheimer (cont.):

*Family Caregiver Alliance 434-3388
425 Bush Street, #500
San Francisco, CA 94108

*Memory & Alzheimer Center -- UCSF 476-7606
1350 - 7th Avenue
San Francisco, CA 94143

*On Lok 550-2240
Alzheimer's Day Care Resource Center
225 - 30th Street
San Francisco, CA 94131

*Self-Help for the Elderly 666-1888
Adult Day Services
Alzheimer's/Stroke Adult Day Health Care
408 - 22nd Avenue
San Francisco, CA 94121

Arthritis:

Arthritis Center -- UC Medical Center 476-1192
Rosalind Russell Center
350 Parnassus Avenue, # 600
San Francisco, CA 94143

Arthritis Clinic of U.C.S.F. 476-3971
400 Parnassus, Room 540
San Francisco, CA 94143

Arthritis Foundation -- Northern California Chapter 673-6882
203 Willow Street, Suite 201
San Francisco, CA 94109-7731

Cancer:

American Cancer Society 394-7100
235 Montgomery Street, Suite 320
San Francisco, CA 94104

*Indicates agency is profiled within the White Pages

Cerebral Palsy:

United Cerebral Palsy Association of San Francisco 627-6939
660 Market Street, # 401
San Francisco, CA 94104

Diabetes:

*American Diabetes Association of Northern California 777-4499
631 Howard Street, # 520
San Francisco, CA 94105

Hearing & Speech:

Deaf Counseling Advocacy & Referral Agency (DCARA) 749-7492
745 Franklin Street
San Francisco, CA 94102

Deaf Gay & Lesbian Center . . . . . 255-0700 TDD Only
4035 - 18th Street
San Francisco, CA 94114

*Hearing Society for the Bay Area 693-5870
870 Market Street, Suite 330 834-1005 TTY
San Francisco, CA 94102 834-1620 Hearing Test

*St. Benedict's Center for the Deaf . . . . . 567-9855 Voice
1801 Octavia 567-0438 TDD
San Francisco, CA 94109

St. Luke's Speech Clinic 641-6548
1580 Valencia # 508
San Francisco, CA 94110

*San Francisco Hearing and Speech Center 921-7658
1234 Divisadero 921-8990 TDD
San Francisco, CA 94115

*San Francisco SPCA Hearing Dog Program 554-3020
2500 - 16th Street
San Francisco, CA 94103

*Indicates agency is profiled within the White Pages

*U.C. Center on Deafness — 476-4980
3333 California Street, # 10 — 476-7600 TTY
San Francisco, CA 94143-1208

Heart:

*American Heart Association, San Francisco Chapter 433-2273
120 Montgomery Street, Suite 1650
San Francisco, CA 94104

Medical Equipment and Supplies:

Home CARES 487-5405
Equipment Recyclers

A non-profit organization that accepts donations of used home healthcare equipment and supplies and then redistributes them to individuals and/or organizations who could not otherwise afford them. Call the message center for more information or to donate or request equipment and supplies

Med-Sell 1-916-268-8847
1055 Combie Road, Suite 6219 — 1-916-268-8414 Fax
Auburn, CA 95602

A monthly resource guide to services, new and used medical equipment, products and information for the disabled, senior citizens and health care professionals. Maintains a "Central Registry" of previously owned medical equipment and assistive devices

Medication Education:

San Francisco Study Center 626-1650

Has printed material (only) regarding medication

Multiple Sclerosis:

*National Multiple Sclerosis Society 1-800-344-4867
Northern California Branch
150 Grand Avenue
Oakland, CA 94612

*Indicates agency is profiled within the White Pages

Muscular Dystrophy:

Muscular Dystrophy Association, Inc. **570-6166**
3 Waters Park Drive #204
San Mateo, CA 94403

Podiatry:

*Pacific Coast Hospital & Foot Clinics . . . . . **563-3444** Clinic
1835 Ellis Street **292-0430** Recpt. Desk
San Francisco, CA 94115

*Independent Living Resource Center of San Francisco **863-0581**
70 - 10th Street **863-1367** TTY
San Francisco, CA 94103

*RCH, Inc. (formerly the Recreation Center for the Handicapped) . . . **665-4100**
207 Skyline Boulevard
San Francisco, CA 94132

*Rose Resnick Lighthouse for the Blind and Visually Impaired **441-1980**
214 Van Ness Avenue
San Francisco, CA 94102

Rehabilitation:

California State Department of Rehabilitation . . . . . **904-7100** Voice & TDD
China Basin Landing
185 Berry Street, # 180
San Francisco, CA 94107

Sight:

*UCSF Eye Clinic **476-3700**
8 Kirkham Street **476-4908**
San Francisco, CA 94143

*National Association for the Visually Handicapped **221-3201**
3201 Balboa
San Francisco, CA 94121

*Indicates agency is profiled within the White Pages

*National Eye Care Project (Foundation of the American Academy of Ophthalmology) **1-800-222-EYES**
65 years or older, an American citizen or legal resident; **1-800-222-3937**
referrals to doctors who will not charge out of pocket expenses

*Prevent Blindness -- Northern California **387-0934**
4200 California Street, Suite 101
San Francisco, CA 94118

*Rose Resnick Lighthouse for the Blind and Visually Impaired **431- 1481**
214 Van Ness Avenue
San Francisco, CA 94102

*San Francisco Public Library for the Blind **292-2022**
3150 Sacramento Street
San Francisco, CA 94115-2090

Speech: (See Hearing & Speech)

Tuberculosis:

*American Lung Association of San Francisco **543-4410**
562 Mission Street, Suite 203
San Francisco, CA 94105-2910

Other/Miscellaneous:

*Coming Home Hospice of San Francisco **861-1110**
115 Diamond Street
San Francisco, CA 94114

*Community & Home Injury Prevention Project for Seniors **554-2924**
CHIPPS -- San Francisco Department of Public Health
101 Grove Street, #118
San Francisco, CA 94102

*Eldercare Program -- San Francisco Department of Public Health
Ocean Park Health Center **753-8116**
1351 - 24th Avenue
San Francisco, CA 94122

*Indicates agency is profiled within the White Pages

*Family Caregiver's Alliance 434-3388
425 Bush Street #500
San Francisco, CA 94108

*Gay and Lesbian Outreach to Elders (G.L.O.E.) 626-7000
New Leaf Services
1853 Market Street
San Francisco, CA 94103

*Hospice Program of Visiting Nurses & Hospice of S.F. 750-4404
3360 Geary Boulevard 221-9427 TDD
San Francisco, CA 94108

*Linkages, San Francisco 750-4141
Goldman Institute on Aging
3626 Geary Boulevard

*Multi-Purpose Senior Services Program (M.S.S.P.), San Francisco . 750-4141
Goldman Institute on Aging
3626 Geary Boulevard
San Francisco, CA 94118

*On Lok -- Senior Services 550-2250
225 - 30th Street
San Francisco, CA 94131

*San Francisco Medical Society 561-0850
1409 Sutter Street
San Francisco, CA 94109
For referrals to doctors, specialists, etc.

*Indicates agency is profiled within the White Pages

Included below are resources helping persons that are homeless in San Francisco:

Information & Referral Services:

Emergency Housing Assistance -- S.F. Dept. of Human Services . . . **558-4773**
1235 Mission Street
San Francisco, CA 94103

*Homeless Advocacy Project -- S.F. Bar Association **974-6541**
Puts together a ***Homeless Resource Guide***

*Homelessness Prevention Helpline of
Northern California Council for the Community **772-HELP**

*Senior Information & Referral -- S.F. Commission on the Aging . . . **626-1033**

Note: **The San Francisco Free Eats & Shelter Chart provides a complete listing of emergency meal and shelter programs throughout the city. For a copy or for more information, call Senior I & R at 626-1033 or the Northern California Council for the Community - Helpline at 772-HELP.**

Legal:

*Homeless Advocacy Project -- S.F. Bar Association **974-6541**
995 Market Street, Suite 915
San Francisco, CA 94103

Shelters:

Cadillac Hotel **673-7223**
380 Eddy Street
San Francisco, CA 94102
Accepts calls from agencies only

*Episcopal Sanctuary **863-3893**
201 - 8th Street
San Francisco, CA 94103
Serves men and women

*Indicates agency is profiled within the White Pages

Hamilton Family Shelter 665-2354
1525 Waller Street
San Francisco, CA 94117

Multi-Service Center -- Pierce Arrow 292-2180
1001 Polk Street
San Francisco, CA 94109
Serves men and women adults

Multi-Service Center -- South of Market 597-7960
525 - 5th Street
San Francisco, CA 94103
Serves men only

Raphael House 474-4000
1065 Sutter Street
San Francisco, CA 94109

*St. Anthony Shelters 241-2688
Serving women only

*Salvation Army 474-6364
341 Eddy Street
San Francisco, CA 94102

Tenderloin Self Help Center 565-3516
191 Golden Gate Avenue
San Francisco, CA 94102

*Indicates agency is profiled within the White Pages

HOSPITALS

California Pacific Medical Center -- California Campus **387-8700**
3700 California Street
San Francisco, CA 94118

California Pacific Medical Center -- California Campus East **387-8700**
3698 Sacramento Street
San Francisco, CA 94118

California Pacific Medical Center -- Pacific Campus **563-4321**
2333 Buchanan Street
San Francisco, CA 94115

Chinese Hospital **982-2400**
845 Jackson Street
San Francisco, CA 94133

Davies Medical Center **565-6000**
Castro and Duboce Street
San Francisco, CA 94114

Kaiser Hospital -- French Campus **202-2000**
4131 Geary Boulevard
San Francisco, CA 94118

Kaiser Permanente Center -- San Francisco Medical Center **202-2000**
2425 Geary Boulevard
San Francisco, CA 94115

*Laguna Honda Hospital **664-1580**
375 Laguna Honda Boulevard
San Francisco, CA 94116

Langley Porter Psychiatric Hospital **476-7000**
401 Parnassus Avenue
San Francisco, CA 94143

Mount Zion Medical Center of U.C.S.F. **567-6600**
1600 Divisadero Street
San Francisco, CA 94115

*Indicates agency is profiled within the White Pages

St. Francis Memorial Hospital 353-6000
900 Hyde Street
San Francisco, CA 94109

St. Luke's Hospital 647-8600
3555 Army Street
San Francisco, CA 94110

St. Mary's Hospital Medical Center 668-1000
450 Stanyan Street
San Francisco, CA 94117

*San Francisco General Hospital 206-8000
1001 Potrero Avenue
San Francisco, CA 94110

Seton Medical Center 992-4000
1900 Sullivan Avenue
Daly City, CA 94015

University of California -- San Francisco Medical Center 476-1000
505 Parnassus
San Francisco, CA 94143

Veteran's Administration Hospital 221-4810
4150 Clement Street
San Francisco, CA 94121

*Indicates agency is profiled within the White Pages

HOUSING AND RELATED SERVICES

Housing Agency/Service	Emergency	Permanent	I & R	Repairs
*American Red Cross 85 Second Street San Francisco, CA 94105 ■427-8000	✓			
Cadillac Hotel 380 Eddy Street San Francisco, CA 94102 ■673-7223 Referrals from agencies only	✓	✓		
Casa de las Madres, La 965 Mission Street, Suite 300 San Francisco, CA 94103 ■333-1515	✓			
Code Enforcement Rehabilitation Fund (C.E.R.F.) ■252-3177			✓	✓
Community Home Injury Prevention Project for Seniors (CHIPPS) 101 Grove Street, Room 118 San Francisco, CA 94102 ■554-2924				✓
Community Housing Rehabilitation Program (C.H.R.P.) ■252-3177				✓
*Enterprise Home Services -- Self-Help for the Elderly 407 Sansome Street, Suite 300 San Francisco, CA 94111 ■982-9171				✓
*Evictee Assistance Services & Education (EASE) One 2nd Street, 3rd Floor San Francisco, CA 94105 ■597-7734	✓		✓	

*Indicates agency is profiled within the White Pages

Housing Agency/Service	Emer-gency	Perma-nent	I & R	Repairs
Eviction Defense Collaborative, S.F. 995 Market Street, Suite 1416 San Francisco, CA 94103 ■**357-1645** Mon. - Fri. 10-12 & 1-3	✓ Legal		✓	
Home Energy Assistance Program (H.E.A.P.) ■**1-800-433-4327**			✓	
Housing Authority 440 Turk Street San Francisco, CA 94102 ■**554-1200**		✓		
*Housing Rights Committee of San Francisco, The 115 Jones Street San Francisco, CA 94102 ■**749-3700**			✓	
Housing Conservation & Development Corporation 1637 Ocean Avenue San Francisco, CA 94112 ■**586-8000**				✓
*Independent Housing Service 995 Market Street, Suite 408 San Francisco, CA 94103 ■**543-8286**	✓	✓	✓	
*Independent Living Resource Center 70 - 10th Street San Francisco, CA 94103 ■**863-0581**			✓	
*Jewish Family & Children's 1600 Scott Street San Francisco, CA 94115 ■**567-8860**			✓	

*Indicates agency is profiled within the White Pages

Housing Agency/Service	Emer-gency	Perma-nent	I & R	Repairs
*Lutheran Care for the Aging 1031 Franklin Street San Francisco, CA 94109 ■**441-7777** *Accepts referrals from agencies*	✓		✓	
*Mayor's Citizen Assistance and Neighborhood Outreach Center 401 Van Ness Avenue, #416 San Francisco, CA 94102 ■**554-7111**			✓	
*Night Ministry, San Francisco 432 Mason Street San Francisco, CA 94102-1799 ■**986-1464**	✓			
North of Market Planning Coalition 166 Eddy Street San Francisco, CA 94102 ■**474-2164**			✓	
*Northern California Community Services, Inc. (formerly the United Way Helpline) 50 California Street, #200 San Francisco, CA 94111 ■**772-HELP** or **772-4357**			✓	
*Raphael House 1065 Sutter Street San Francisco, CA 94109 ■**474-4621** *For families only*	✓			
*Residential Rent Stabilization & Arbitration Board 25 Van Ness Avenue, Room 320 San Francisco, CA 94102 ■**554-9550**			✓	

*Indicates agency is profiled within the White Pages

Housing Agency/Service	Emer-gency	Perma-nent	I & R	Repairs
*Salvation Army Senior Meals, Activities & Support 850 Harrison Street San Francisco, CA 94107 ■**777-5350**	✓		✓	
San Francisco Association of Residential Care Homes, Inc. 760 - 35th Avenue San Francisco, CA 94121 ■**871-7285**		✓	✓	
*San Francisco Homeshare 801 Portola Drive, Suite 209 San Francisco, CA 94127 ■**759-3760**			✓	
*San Francisco Residential Care Facility for the Elderly Referral Service 1483 Mason Street San Francisco, CA 94133 ■**399-1750**			✓	
*San Francisco Tenants Union 558 Capp Street (21st Street) San Francisco, CA 94110 ■**282-6622**			✓	
*Senior Information and Referral S. F. Commission on the Aging 25 Van Ness Avenue #650 San Francisco, CA 94102 ■**626-1033**			✓	
Tenderloin Housing Clinic 126 Hyde Street, 2nd Floor San Francisco, CA 94102 ■**771-9850** *Drop-in clinic for No. & So. of Market residents* *Mon - Fri 9-5*			✓	

*Indicates agency is profiled within the White Pages

Housing Agency/Service	Emer-gency	Perma-nent	I & R	Repairs
*W.O.M.A.N., Inc. 333 Valencia Street #251 San Francisco, CA 94103 ■**864-4722** -- *24 hour hotline*	✓			

*Indicates agency is profiled within the White Pages

IMMIGRATION AND NATURALIZATION

The following agencies serve the elderly and disabled immigrant communities, assisting them towards and through the immigration/naturalization process. There are many facets and steps involved and the agencies are listed according to their specific area of expertise or assistance.

Legal Services/Training: Offers legal expertise, case management, fills out N400's

*Asian Law Caucus 391-1655

*Bar Association of San Francisco 764-1616

*Catholic Charities 442-5217

Center for Employment & Training 255-8880

*Center for Southeast Asian Refugee Resettlement 885-2743

Central American Resource Center 824-2330

Immigration Legal Resouce Center 255-9499
(not a direct service provider, available for individual counsel by agencies, no direct client calls)

*International Institute of San Francisco 673-1720

*Jewish Family and Children's Services 474-0234

*La Raza Centro Legal 575-3500

Legal Aid Society of San Francisco 864-8848

*Nihonmachi Legal Outreach 567-6255

Northern California Coalition for Immigrant Rights 543-6767

San Francisco Lawyers Committee for Civil Rights 543-9444

Application Assistance: Assists in filling out N400's but are not legal experts

*Centro Latino de San Francisco (for seniors only) 861-8758

*Indicates agency is profiled within the White Pages

Garment Workers Center 543-9990

*Korean Center 441-1881

*North of Market Senior Services 885-2274

*Self-Help for the Elderly 982-9171

Information and Referral: Offers information and refers clients to other organizations over wide variety of issues

*Asian Law Caucus 391-1655

*Catholic Charities 442-5217

Central American Resource Center 824-2330

*Centro Latino de San Francisco 861-8758

*Commission on the Aging - Senior Information and Referral 626-1033

*International Institute of San Francisco 673-1720

Jewish Community Information & Referral 777-4545

*Jewish Family and Children Services 474-0234

*La Raza Centro Legal 575-3500

*Nihonmachi Legal Outreach 567-6255

No. California Coalition for Immigrant Rights 543-6767

*San Francisco Senior Center - Downtown Branch 771-7950

*Self-Help for the Elderly 982-9171

*Senior Central (Central City/Potrero Hill) 777-3233

*Senior Central (Western Addition/Marina) 567-3900

*Senior Information and Referral (Citywide) 626-1033

*Indicates agency is profiled within the White Pages

Advocacy: Maintains contact with media and political organizations and keeps abreast of issues

*Asian Law Caucus 391-1655

*Catholic Charities 442-5217

Center for Employment and Training 255-8880

Central American Resource Center 824-2330

Immigration Legal Resource Center 255-9499

*Jewish Family and Children's Services 474-0234

*La Raza Centro Legal 575-3500

Mexican American Legal Defense & Education Fund (MALDEF) 543-5598

No. California Coalition for Immigrant Rights 543-6767

*Indicates agency is profiled within the White Pages

IN-HOME SUPPORT AND HOMEMAKER SERVICES

The following agencies provide in-home supportive care and services ranging from homemaker to registered nurses, depending upon need:

AGENCY NAME	Medi-Cal	Medi-care	Home-maker	Non-Profit	24 Hour
Addus Health Care 1385 Mission Street, Suite 305 San Francisco, CA 94103 ■575-1868			✓		
Arcadia Health Care 4200 18th Street, Suite 103 San Francisco, CA 94114 ■255-2880	✓	✓	✓		✓
Aunt Ann's Agency 731 Market Street, Suite 400 San Francisco, CA 94103 ■974-3530			✓		✓
Baker Anderson Christies, Inc. 3025 Fillmore Street, Suite E San Francisco, CA 94123 ■674-0590					✓
Caring Hands/Manos Cariñosos 3543 18th Street San Francisco, CA 94110 ■626-2128			✓	✓	
*Catholic Charities 814 Mission Street San Francisco, CA 94103 ■442-5211			✓	✓	
CHS Home Health Agency 399 Buena Vista East San Francisco, CA 94117 ■621-4562	✓	✓	✓		✓
City Health, Inc. 150 No. Hill Drive, #11 Brisbane, CA 94005 ■330-3339	✓	✓	✓		

*Indicates agency is profiled within the White Pages

IN-HOME SUPPORT AND HOMEMAKER SERVICES

AGENCY NAME	Medi-Cal	Medi-care	Home-maker	Non-profit	24 Hours
Comprehensive Community Home Health and Hospice 150 No. Hill Drive, #20 Brisbane, CA 94005 ■**330-3333**	✓	✓	✓		✓
DiCarlo Home Care 833 Market Street, Suite 614 San Francisco, CA 94103 ■**882-7789**			✓		✓
*Elderly Teen Connection part of Young Life of S.F. 222 Plymouth Avenue San Francisco, CA 94112 ■**584-0300**				✓	
*Enterprise for High School Students 450 Mission Street, Suite 408 San Francisco, CA 94105 ■**896-0909**				✓	
Gayle Danz Home Care 4630 Geary Blvd., #201 San Francisco, CA 94118 ■**221-2405**			✓		✓
Help at Home Program Jewish Family and Children's Services 2180 Post Street San Francisco, CA 94115 ■**561-1256**			✓	✓	
Home Health Plus One Bay Plaza 1350 Old Bayshore Highway, Suite 777 Burlingame, CA 94010-1823 ■**1-800-794-2979**	✓	✓	✓		✓

*Indicates agency is profiled within the White Pages

IN-HOME SUPPORT AND HOMEMAKER SERVICES

AGENCY NAME	Medi-Cal	Medi-Care	Home-maker	Non-Profit	24 Hours
Home Sweet Home Care 3109 Sacramento Street San Francisco, CA 94115 ▪776-7337			✓		✓
Hospice Preferred Choice , Inc. 785 Market Street, Suite 850 San Francisco, CA 94103 ▪979-0925	✓	✓			✓
*IHSS Public Authority of San Francisco 942 Market Street, Suite 509 San Francisco, CA 94102 ▪981-4477 (Referral Service Only)			✓	✓	
*Independent Living Resource Center of San Francisco 70 - 10th Street San Francisco, CA 94103 ▪863-0581 and 863-1367 (TTY)			✓	✓	
*In-Home Support Services Consortium 1370 Mission Street, 2nd floor San Francisco, CA 94103 ▪255-2079	✓	✓	✓	✓	
Interim Health Care 1725 Clay Street, #100 San Francisco, CA 94109 ▪673-7500	✓	✓	✓		✓
Kaiser Home Health Department 4131 Geary Blvd. San Francisco, CA 94118 ▪202-2770		✓		✓	
*Kimochi, Inc. 1684 Post Street San Francisco, CA 94115 ▪931-2275			✓	✓	

*Indicates agency is profiled within the White Pages

IN-HOME SUPPORT AND HOMEMAKER SERVICES

AGENCY NAME	Medi-Cal	Medi-Care	Home-maker	Non-Profit	24 Hours
Nurse Providers 355 Gellert Blvd., #150 Daly City, CA 94015 ■**992-5820**		✓	✓		✓
Olsten-Kimberly Quality Care 221 Main Street, #440 San Francisco, CA 94105 ■**957-1970**	✓	✓	✓		✓
Primecare Custodial Care Service 375 South Mayfair Avenue, #270 Daly City, CA 94015 ■**301-3270**			✓		✓
*San Francisco Department of Human Services 1650 Mission Street, 2nd Floor San Francisco, CA 94103 ■**557-5251**			✓		
*Self-Help for the Elderly Home Care Unit and In-home Emergency Program 407 Sansome Street San Francisco, CA 94111 ■**982-9171**			✓	✓	
Staff Builders Home Health Care Services 1838 El Camino Real, #109 Burlingame, CA 94010 ■**652-9128 or 1-800-380-3886**	✓	✓	✓		✓
Stat Nursing Service 1545 Broadway San Francisco, CA 94109 ■**673-9791**			✓		✓
*UCSF - Mt. Zion Homecare 3330 Geary Blvd., 1st Fl San Francisco, CA 94118 ■**476-8287**	✓	✓		✓	✓

*Indicates agency is profiled within the White Pages

IN-HOME SUPPORT AND HOMEMAKER SERVICES

AGENCY NAME	Medi-Cal	Medi-Care	Home-maker	Non-Profit	24 Hours
*Visiting Nurses & Hospice of San Francisco 3360 Geary Boulevard San Francisco, CA 94118 ■750-4404	✓	✓			

*Indicates agency is profiled within the White Pages

Information and Referral is a service which informs, guides, directs and links people in need to the appropriate human service which alleviates or eliminates that need.

Because of the number of service options, entry into the system by individuals in need can be very difficult. I & R services provide access into the human service network by collecting and sharing information about available options, and by enabling help-seekers to make informed decisions.

Senior Information and Referral Services

***Senior Information and Referral** **626-1033**
Commission on the Aging
25 Van Ness Avenue, Suite 650
San Francisco, CA 94102
The City-Wide Service

ElderCare Locator **1-800-677-1116**
To access Senior Information and Referral in any part of the United States; helpful to know the zip code area you are inquiring about

State of California - ElderCare Locator **1-800-510-2020**
Will automatically connect senior to the Senior Information and Referral service in their zip code area

Senior Centrals

Providing neighborhood access to information and referral

Central City/Potrero Hill Senior Central (#4) **777-3233**
360 4th Street
San Francisco, CA 94107
Serving Central City and Potrero Hill area

Richmond District Senior Central (#1) **752-2815**
6221 Geary Boulevard, 3rd Floor (25th Avenue)
San Francisco, CA 94121
Serving the Richmond District area

*Indicates agency is profiled within the White Pages

Western Addition/Marina Senior Central (#2) **567-3900**
1600 Scott Street
San Francisco, CA 94115
Serving the Western Addition/Marina area

Other Information and Referral Services:

Jewish Community Information and Referral **777-4545**

*La Raza Information Center **863-0764**
474 Valencia Street, Suite 100
San Francisco, CA 94103

*Mayor's Assistance and Neighborhood Outreach (MANO) **554-7111**
410 Van Ness Avenue, #416
San Francisco, CA 94102

Mental Health Information and Referral **981-4700**

*Northern California Community Council, Inc. **772-4357**
HELPLINE **772-HELP**
50 California Street, #200 **772-4440 TTY**
San Francisco, CA 94111

*San Francisco Department of Human Services -
Information and Referral **557-5000**
558-1000

*Indicates agency is profiled within the White Pages

SENIOR INFORMATION AND REFERRAL FOR OTHER BAY AREA COUNTIES

Alameda	
North and South	1-510-567-8045
- City of Oakland	1-510-238-3931
Contra Costa	
-Central	1-510-313-1720
-West	1-510-374-3943
-East	1-510-706-4853
Marin	1-415-456-9062
	1-415-457-4636
Napa	
-North	1-707-963-3922
-South	1-707-252-6222
San Francisco	1-415-626-1033
San Mateo	1-800-675-8437
Santa Clara	1-408-345-4532
Solano	
-Vallejo	1-707-643-1797
-Vacaville	1-707-446-4242
Sonoma	1-707-525-0143

ElderCare Locator 1-800-677-1116
To access Senior Information and Referral in any part of the United States

*Indicates agency is profiled within the White Pages

INSURANCE COUNSELING (HEALTH)

Health Insurance Counseling and Advocacy Program (HICAP) assists individuals and families with Medicare problems and other health insurance concerns. Trained volunteer counselors provide objective information on Medicare or will help individuals file Medicare or other health insurance claims, understand his or her coverage and consumer rights, and evaluate his or her insurance and health care needs.

*Health Insurance Counseling and Advocacy Program (HICAP) **861-4444**
Legal Assistance for the Elderly
1453 Mission Street, 5th Floor
San Francisco, CA 94103

*Indicates agency is profiled within the White Pages

LEGAL ASSISTANCE

The following agencies provide assistance with matters pertaining to the law (e.g., wills, durable power of attorney, etc.) or related matters:

*American Civil Liberties 621-2493
1663 Mission Street, #460 621-2488 For counseling
San Francisco, CA 94103
Call between 10:00 am - 3:00 pm; no drop-ins

*Asian Law Caucus 391-1655
720 Market Street, Suite 500
San Francisco, CA 94102

*Coming Home 296-0937
220 Montgomery Street, Suite 383
San Francisco, CA 94104

*Consumer & Environmental Protection Unit 553-1814
District Attorney's Office
732 Brannan Street
San Francisco, CA 94103

*Income Rights Project 431-9771
333 Valencia Street, Suite 450
San Francisco, CA 94103

*La Raza Centro Legal 575-3500
474 Valencia Street, Suite 295
San Francisco, CA 94103

*Lawyer Referral Service 764-1616
Bar Association of San Francisco
685 Market Street, Suite 700
San Francisco, CA 94105

Legal Aid Society of San Francisco 864-8848
1663 Mission Street, #400
San Francisco, CA 94103

*Legal Assistance to the Elderly 861-4444
1453 Mission Street, Room 500
San Francisco, CA 94103

*Indicates agency is profiled within the White Pages

*Nihonmachi Legal Outreach **567-6255**
1188 Franklin Street, Suite 202
San Francisco, CA 94109

*Office of Conservatorship Services **255-3680**
San Francisco Department of Public Health
1380 Howard Street, Room 222
San Francisco, CA 94103

*Patient's Rights Advocacy Services (P.R.A.S.) **552-8100**
2325 - 3rd Street, #221
San Francisco, CA 94107
Primarily for mental health patients

San Francisco Lawyers' Committee for Civil Rights **543-9444**
301 Mission Street, Suite 400
San Francisco, CA 94105

*San Francisco Neighborhood Legal Assistance Foundation **982-1300**
225 Bush Street, 7th Floor
San Francisco, CA 94104

*San Francisco Public Guardian **554-1150**
25 Van Ness Avenue, Suite 200
San Francisco, CA 94102

Small Claims Court **554-4566**
575 Polk Street
San Francisco, CA 94102

State Bar of California **561-8200**
555 Franklin Street (McAllister)
San Francisco, CA 94102
For statutory will form, send $2.00 payable to:
State Bar of California
P.O. Box 420411
San Francisco, CA 94142-0411

*Indicates agency is profiled within the White Pages

The following agencies serve as the licensing and certification bodies for several of the agencies serving the elderly:

Adult Day Health Centers:

License required. For information contact:

California Department of Health Services
Licensing and Certification Section
District Office
350 - 90th Street
Daly City, CA 94015 . . . . . **301-9971**

Adult Social Day Care:

License required. For information contact:

State Department of Human Services
Community Care Licensing Division
851 Traeger Avenue, Suite 360
San Bruno, CA 94066 . . . . . **266-8800**

Board & Care Homes/Residential Care Facilities:

Licensing Bureau for non-medical care:

State Department of Human Services
Community Care Licensing Division
851 Traeger Avenue, Suite 360
San Bruno, CA 94066 . . . . . **266-8800**

Congregate Meal Sites & Home-Delivered Meals

No license from state required. County health inspection required. For information contact:

State Department of Aging **1-916-323-1128**

*San Francisco Commission on the Aging **864-6051**

*Indicates agency is profiled within the White Pages

Convalescent Homes (Skilled Nursing Facilities):

Licensing required. For information contact:

California Department of Health Services
Licensing and Certification Section
District Office
350 - 90th Street, 2nd Floor
Daly City, CA 94015 . . . . . **301-9971**

Hospice:

Licensing required. For information contact:

*California Department of Health Services
Licensing and Certification Section
District Office
350 - 90th Street
Daly City, CA 94015 . . . . . **301-9971**

In-Home Health Care & Homemaker Service/Home Health Agencies:

Licensing required for health agencies (nursing services), for information contact:

*California Department of Health Services
Licensing and Certification Section
District Office
350 - 90th Street
Daly City, CA 94015 . . . . . **301-9971**

or for reporting purposes, contact:

*San Francisco Department of Human Services **557-5253**

Retirement Homes:

No license required

*Indicates agency is profiled within the White Pages

Senior Centers:

No license required. For information regarding setting up a senior center or other general information, contact:

Department of Aging **1-916-322-9298**

*Indicates agency is profiled within the White Pages

Center for Special Problems 292-1500
1700 Jackson (Van Ness)
San Francisco, CA 94109

Department of Public Health, San Francisco:

*Geriatric Assessment Services 554-3277
Division of Mental Health (DMH)
Central City Seniors Unit
1155 Market Street, #104
San Francisco, CA 94103
Serves Tenderloin, South of Market to Bush, Central City

*Geriatric Assessment Services 337-4722
Division of Mental Health (DMH)
3905 Mission Street
San Francisco, CA 94112
Serves Bayview-Hunter's Point, Mission, Outer Mission, Potrero Hill, Visitacion Valley

*Geriatric Mental Health Services . . . . . 474-7310 x 431
Division of Mental Health (DMH)
Family Service Agency
1010 Gough Street
San Francisco, CA 94109
Serves Fillmore, Haight, Marina, Pacific Heights, parts of Tenderloin, Western Addition

*Geriatric Mental Health Services 352-2000
Division of Mental Health (DMH)
729 Filbert Street
San Francisco, CA 94133
Serves Chinatown, North Beach

*Geriatric Mental Health Services 386-6600
Division of Mental Health (DMH)
Family Service Agency
6221 Geary Boulevard, 1st Floor
San Francisco, CA 94121
Serves OMI, Richmond, Sunset

*Indicates agency is profiled within the White Pages

Note: Emergency Psychiatry at San Francisco General for all Geriatric Mental Health Centers **206-8125**

*Department of Public Health, San Francisco 255-3680
Office of Conservatorship Services
1380 Howard Street, 2nd Floor
San Francisco, CA 94103
Provides conservatorships for mentally ill or those clients unable to provide for their own food, clothing or shelter

*Family Caregivers Alliance 434-3388
425 Bush Street #500
San Francisco, CA 94108
For stroke and brain impaired adults

Fort Help 546-7779
965 Mission Street, #520
San Francisco, CA 94103
Psychotherapy center staffed by licensed staff - MFCC and interns

McAuley Neuropsychiatric Institute 750-5661
450 Stanyan Street
San Francisco, CA 94117

*Memory Clinic and Alzheimer Center 476-7606
University of California at San Francisco
1350 - 7th Avenue, CSBS 228
San Francisco, CA 94143

*Mental Health Association of San Francisco 882-6230
965 Mission Street, #425
San Francisco, CA 94103

*New Leaf Services 626-7000
Gay & Lesbian Outreach to Elders (G.L.O.E.)
1853 Market Street
San Francisco, CA 94103

*Indicates agency is profiled within the White Pages

*Northern California Council for the Community, Inc. (NCCC) **772-HELP**
Information and Referral Service (Toll-free) **1-800-273-6222**
HELPLINE (Spanish) **772-4444**
50 California Street, Suite 200
San Francisco, CA 94111
Has information about self-help groups throughout the Bay Area

*Patients' Rights Advocacy Services (P.R.A.S.) **552-8100**
2325 - 3rd Street #221
San Francisco, CA 94107

*Progress Foundation -- Senior Programs **821-0697**
1405 Guerrero Street
San Francisco, CA 94110
Carroll House, Rypins House

Richmond Area Multi-Services, Inc. (RAMS) **666-5955**
3626 Balboa Street
San Francisco, CA 94121

*San Francisco Suicide Prevention, Inc.
Community Mental Health Services Information & Referral **981-4700**
Crisis Line **781-0500**
Office/Administrative **984-1900**
P.O. Box 191350
San Francisco, CA 94119-1350

*Indicates agency is profiled within the White Pages

PROFESSIONAL SOCIETIES & GROUPS

Administration on Aging 437-8780
50 United Nations Plaza - Room 455
San Francisco, CA 94102

*American Society on Aging 974-9600
833 Market Street, Room 511
San Francisco, CA 94103-1824

*Coalition of Agencies Serving the Elderly (CASE) 777-3773
P.O. Box 410865
San Francisco, CA 94141-0865

Gerontological Society 1-202-842-1275
1275 K Street, N.W., Suite 350
Washington, D.C. 20005-4006

National Asian Pacific Center on Aging 1-206-624-1221
Melbourne Tower
1511 3rd Avenue, Suite 914
Seattle, WA 98101

National Association for Hispanic Elderly 1-213-487-1922
3325 Wilshire Boulevard, Suite 800
Los Angeles, CA 90010-1724

National Hispanic Council on Aging 1-202-265-1288
2713 Ontario Road, NW
Washington, D.C. 20009

National Caucus and Center on Black Aged 1-202-637-8400
1424 K Street, N.W., Suite 500
Washington, D.C. 20005

National Council on Aging (NCOA) 1-213-365-0366
2500 Wilshire Boulevard, Suite 1111
Los Angeles, CA 90057

National Council on the Aging (NCOA) 1-202-479-1200
409 - 3rd Street, S.W., Suite 200
Washington, D.C. 20024

*Indicates agency is profiled within the White Pages

RESPITE

Respite care offers temporary rest for the family of an elderly or disabled person. Caregivers may choose to arrange for respite lasting from an hour to several days or weeks depending on the type of respite selected/needed. Respite resources are listed below under:

- Out-of-Home Care
- In-Home Care
- Overnight, Out-of-Home Care

Out-of-Home Care

*Bayview Hunter's Point Adult Day Health Center **826-4774**
1250 La Salle
San Francisco, CA 94124

*Family Caregiver Alliance **434-3388**
425 Bush Street, # 500
San Francisco, CA 94108
Information and Referral about respite

*Hospice Program - Visiting Nurses & Hospice of San Francisco **750-4404**
3360 Geary Boulevard
San Francisco, CA 94118

*Independent Living Resource Center **863-0581**
70 - 10th Street
San Francisco, CA 94103
Keeps an updated listing of respite resources

*Kimochi, Inc. **931-2294**
1684 Post Street
San Francisco, CA 94115

*Laguna Honda Hospital **759-2327**
375 Laguna Honda Blvd.
San Francisco, CA 94116

*Indicates agency is profiled within the White Pages

Out-of Home Care (Cont.)

*Linkages, S.F. 750-4141
Goldman Institute on Aging
UCSF/Mt. Zion Center on Aging
3626 Geary Blvd.
San Francisco, CA 94118
Information and Referral

*Multi-Purpose Senior Services Program, S.F. 750-4141
Goldman Institute on Aging
UCSF/Mt. Zion Center on Aging
3626 Geary Blvd.
San Francisco, CA 94118

*North & South of Market Adult Day Health Center 923-9085
230 Jones Street
San Francisco, CA 94102

*North & South of Market Adult Day Health Center 882-7301
55 Mabini
San Francisco, CA 94107

*On Lok Senior Health Services 292-8888
1333 Bush Street
San Francisco, CA 94109

*On Lok - 30th Street Adult Day Health Center 550-2230
225 - 30th Street
San Francisco, CA 94131

*RCH, Inc (formerly the Recreation Center for the Handicapped). . . . 665-4100
207 Skyline Blvd.
San Francisco, CA 94132

San Francisco Association of Residential Care Homes, Inc. 871-7285
760 - 35th Avenue
San Francisco, CA 94121
Pat Nobis, Director

*San Francisco Residential Care Facility Referral for the Elderly 399-1750
1483 Mason Street
San Francisco, CA 94133

*Indicates agency is profiled within the White Pages

*St. Mary's Adult Day Health Care Center 334-4000
35 Onondaga Avenue
San Francisco, CA 94112

In-Home Care

Addus Health Care 575-1868
1385 Mission Street,#305
San Francisco, CA 94103

Arcadia Health Care 255-2880
4200 - 18th Street, Suite 103
San Francisco, CA 94114

Aunt Ann's Agency 974-3530
731 Market Street, #400
San Francisco, CA 94103

*Catholic Charities - San Francisco 281-1200
814 Mission Street
San Francisco, CA 94103

CHS Home Health 621-4562
399 Buena Vista East, 6K
San Francisco, CA 94117

City Health, Inc. 330-3339
150 North Hill Drive, # 11
Brisbane, CA 94005

Comprehensive Community Home Health & Hospice 330-3333
150 North Hill Drive, # 20
Brisbane, CA 94005

Gayle Danz Home Care 221-2405
4630 Geary Boulevard, # 201
San Francisco, CA 94118

*Jewish Family and Children's Services - Help at Home 561-1256
2180 Post Street
San Francisco, CA 94115

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In-Home Care (Cont.)

Olsten Kimberly Quality Care 957-1970
221 Main Street, # 440
San Francisco, CA 94105

*Self-Help for the Elderly 982-9171
407 Sansome Street
San Francisco, CA 94111

Staff Builders Home Health Care Services 652-9128
1838 El Camino Real, # 109
Burlingame, CA 94010

Stat Nursing Service 673-9791
1545 Broadway Street
San Francisco, CA 94109

Overnight, Out-of-Home Care

Golden Gate Health Care Center 563-7600
2707 Pine Street
San Francisco, CA 94115

*Kimochi Residential Care 922-9972
1531 Sutter Street
San Francisco, CA 94109

Laurel Heights Convalescent Hospital 567-3133
2740 California Street
San Francisco, CA 94115

*Laguna Honda Hospital 759-2327
375 Laguna Honda Blvd.
San Francisco, CA 94116

*On Lok 292-8888
1333 Bush Street
San Francisco, CA 94109

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*RCH, Inc. **665-4100**
207 Skyline Blvd.
San Francisco, CA 94132

San Francisco Association of Residential Care Homes, Inc. **871-7285**
760 - 35th Avenue
San Francisco, CA 94121
Pat Nobis, Director

*San Francisco Residential Care Facility Referral
for the Elderly **399-1750**
1483 Mason Street
San Francisco, CA 94133

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SENIOR CENTERS AND CLUBS

SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Alice Chalmers 670 Brunswick/Whittier San Francisco, CA 94112 ■**337-4711** (Th. 10-2)			✓	
Alexis Apartments 390 Clementina Street San Francisco, CA 94103 ■**495-3690**		✓		
*All Hallows Community 1711 Oakdale Avenue San Francisco, CA 94124 ■**550-1637**		✓		
*American Association of Retired Persons (AARP) *Numerous chapters in S.F.* ■**626-1033** - call for list of chapters				✓
*Aquatic Park -- S.F. Senior Centers 890 Beach Street San Francisco, CA 94109 ■**775-1866**	✓	✓		
B'Nai Emunah B'Nai Israel Site Montefiore Center 3595 Taraval Street San Francisco, CA 94116 ■**665-7854** (M. - F., 10-2pm)		✓		✓
*Bayview Hunters Point Senior Center 1706 Yosemite San Francisco, CA 94124 ■**822-1444**	✓	✓		
*Bernal Heights Community Foundation 515 Cortland Avenue San Francisco, CA 94110 ■**206-2142**	✓	✓		

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Booker T. Washington Community Service Center 800 Presidio Avenue San Francisco, CA 94115 ▪**928-1430**		✓		
California Retired Teachers Association San Francisco Division Dr. Victor Rossi 76 Springfield Street San Francisco, CA 94132 ▪**664-3023**				✓
Calvary Presbyterian Senior Center Calvary Presbyterian Church 2515 Fillmore Street San Francisco, CA 94115 ▪**346-3832** (Tu. 11am - 1pm)				✓
*Canon Kip Community House 705 Natoma Street San Francisco, CA 94103 ▪**861-6801**	✓	✓		
Cayuga Center Cayuga & Naglee Streets San Francisco, CA 94112 ▪**337-4714** (M. & Tu. 10am - 2pm)			✓	
*Centro Latino de San Francisco, Inc. 1656 - 15th Street San Francisco, CA 94103 ▪**861-8758**	✓	✓		
Chinese Center Washington & Mason Streets San Francisco, CA 94108 ▪**292-2017** (1st, 2nd & 3rd Tu., 11-2pm)			✓	

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Church of the Advent 261 Fell Street San Francisco, CA 94102 ■**431-0454** (Sat. 8:30 am)		✓		
Corpus Christi Seniors 62 Santa Rosa Avenue San Francisco, CA 94112 ■**585-2991** (M. 10am - 2pm)				✓
Crocker Amazon Geneva Avenue & Moscow Street San Francisco, CA 94112 ■**337-4708** (Th. 10am - 3pm)			✓	
*Diamond Senior Center Golden Gate Senior Services 117 Diamond Street San Francisco, CA 94114 ■**863-3507**	✓	✓		
Doelger Seniors Center 101 Lake Merced Boulevard Daly City, CA 94015 ■**991-8012**	✓	✓		
*Downtown Senior Center San Francisco Senior Centers 481 O'Farrell Street San Francisco, CA 94102 ■**771-7950**	✓	✓		
Ella Hill Hutch Senior Club 1050 McAllister Street San Francisco, CA 94115 ■**921-6276**				✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Epiphany Senior Club Church of the Epiphany 845 Vienna Street San Francisco, CA 94112 ■**333-7630** (F. 10am - 2pm)				✓
Eureka Valley 100 Collingwood Street San Francisco, CA 94114 ■**554-9528** (W. 10am - 3pm)			✓	
Excelsior Russia & Madrid Streets San Francisco, CA 94112 ■**337-4709** (Th. 10am - 2pm)			✓	
*Filipino-American Council of San Francisco 3416 - 19th Street San Francisco, CA 94110 ■**626-0773**	✓	✓		
Filipino Community Inc. of San Francisco 2970 California Street San Francisco, CA 94115 ■**346-7252**				✓
*Filipino Senior Citizens Club 83 - 6th Street San Francisco, CA 94103 ■**974-6288**	✓			
First Baptist Church Senior Group 21 Octavia Street San Francisco, CA 94102 ■**863-3382** (T. 9:30am - 2pm)				✓
*Francis of Assisi 145 Guerrero Street San Francisco, CA 94103 ■**861-5790**	✓	✓		

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Glen Park (Men's Group) Bosworth & O'Shaughnessy Boulevard San Francisco, CA 94131 ■**337-4705** (1st & 3rd M., 10-4)			✓	
Golden Gate Park Senior Center 6101 Fulton Street (at 37th Avenue) San Francisco, CA 94121 ■**666-7015** (Daily 10am - 5pm)	✓		✓	
Hamilton 1900 Geary Boulevard (at Steiner Street) San Francisco, CA 94115 ■**292-2008** (Tu. 10:30am - 3pm)		✓	✓	
Holy Name Parish Senior Club Holy Name Rectory 3240 Lawton Street San Francisco, CA 94122 ■**664-8590** (Th. 11am - 2pm)				✓
Holy Name Over 50 Bunch Holy Name Rectory 3240 Lawton Street San Francisco, CA 94122 ■**664-8590** (Tu. 9:30 - 10:45am)				✓
Immaculate Conception Social Club 3255 Folsom Street San Francisco, CA 94110 ■**824-1762** (2nd W. 12:30 - 2pm)				✓
*Ingleside Senior Center Ingleside Presbyterian Church 1345 Ocean Avenue San Francisco, CA 94112 ■**337-8211**	✓	✓		
John W. King Senior Center 590 Leland Avenue San Francisco, CA 94134 ■**239-6233**	✓	✓		

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Joseph Lee Recreation Center Oakdale Avenue & Mendell Street San Francisco, CA 94124 ■**822-9040** (Daily 9am - 3pm)		✓	✓	✓
*Kimochi Senior Center & Nutrition Site 1684 Post Street San Francisco, CA 94115 ■**931-2287**	✓	✓		
*Korean Center, Inc., The 1362 Post Street San Francisco, CA 94109 ■**441-1881**		✓		
Lady Shaw Senior Center Self-Help for the Elderly 1483 Mason Street San Francisco, CA 94133 ■**292-2383**	✓	✓		
Laguna Honda Senior Nutrition Program 375 Laguna Honda Boulevard Clarendon Hall, Third Floor #360 San Francisco, CA 94116 ■**759-2321**		✓		
Latin American National Citizens Association (LANSCA) 1241 Valencia Street San Francisco, CA 94110 ■**282-6337**				✓
*L'Chaim Russian Emigre Senior Center Jewish Family & Children's Services 751 - 25th Avenue San Francisco, CA 94121 ■**386-0664** (M. - Th.)	✓	✓		
Lincoln Park Senior Center Lincoln Park Presbyterian Church 417 - 31st Avenue San Francisco, CA 94121 ■**751-1140**				✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Local 648 Retirees Club ■**755-5452** (Bill Price)				✓
Local 1101 Retirees Club ■**873-5290** (Pat Kelly)				✓
Lutheran Church of Our Savior 1011 Garfield Street San Francisco, CA 94132 ■**586-7890** (Th. 10am - 2pm)				✓
*Manila Town Senior Center Self-Help for the Elderly 407 Sansome Street/524 Sacramento San Francisco, CA 94111 ■**982-9171**	✓	✓		
Mendelsohn House 737 Folsom Street San Francisco, CA 94107 ■**243-8297** (M. - F. 11am - 12noon)		✓		
Midtown Terrace Clarendon Drive & Olympia Way San Francisco, CA 94131 ■**753-7036** (Sat. exercise)			✓	
Miraloma Community Church 430 Teresita Boulevard San Francisco, CA 94127 ■**584-0360** (meets once a month)				✓
*Mission Neighborhood Center 362 Capp Street San Francisco, CA 94110 ■**206-7750**	✓	✓		
Mission Senior Club 19th & Linda Streets San Francisco, CA 94110 ■**695-5008** (Th. 9:30am - 2pm)			✓	

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
*Montefiore Senior Center 3200 California Street San Francisco, CA 94118 ▪292-1266	✓	✓		
Moscone Recreation Center Chestnut & Buchanan Streets San Francisco, CA 94123 ▪292-2006 (Women - Th. 12-4pm)			✓	
National Association of Retired Federal Employees (NARFE) - Chapter #65 ▪291-9627				✓
Noe Valley Senior Center 1021 Sanchez Street San Francisco, CA 94114 ▪648-1030	✓	✓		
North Beach Senior Citizen Club St. Peter & Paul Church 666 Filbert Street San Francisco, CA 94133 ▪421-0809 (Tu. 1 - 3pm)				✓
*North of Market Senior Service Center 333 Turk Street San Francisco, CA 94102 ▪885-2274	✓	✓		
Old First Presbyterian Church 1751 Sacramento Street San Francisco, CA 94109 ▪776-5552 (M. 10am - 2:30pm)				✓
Old St. Mary's 50 Plus Club Old St. Mary's Church 660 California Street San Francisco, CA 94108 ▪986-4388				✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
*OMI Senior Neighborhood Center 446 Randolph Street San Francisco, CA 94132 ■**587-1443**	✓	✓		
*On Low Wui Senior Center Self Help for the Elderly 777 Stockton Street San Francisco, CA 94108 ■**391-3843**		✓		✓
Our Lady of Lourdes Our Lady of Lourdes Parish Church Hall 1715 Oakdale Avenue San Francisco, CA 94124 ■**285-3377** (Th. 11am - 1pm)				✓
Over 55 Club 759 Sunnydale Avenue San Francisco, CA 94134 ■**239-9906** (W. 1pm)				✓
Portola 500 Felton & Holyoke Street San Francisco, CA 94134 ■**468-2875** (call for activities)			✓	
*Potrero Hill Neighborhood House 953 DeHaro Street San Francisco, CA 94107 ■**826-8080**		✓		✓
Presbyterian Church-Chinatown 925 Stockton Street San Francisco, CA 94108 ■**392-1500** (W. 9am - 2pm)				✓
*Self-Help for the Elderly Richmond Chinese Senior Center 741 - 30th Avenue San Francisco, CA 94121 ■**751-3394**	✓	✓		

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Rosa Parks Senior Center 1111 Buchanan Street San Francisco, CA 94115 ▪**292-2000** (M. - F. 9am - 5pm)	✓	✓		
*Russian American Community Services 300 Anza Street (at Collins Street) San Francisco, CA 94118 ▪**387-5336**	✓	✓		
St. Anne's Adult Club School Cafeteria 1320 - 14th Avenue San Francisco, CA 94122 ▪**664-9570** (Tu. 12noon - 2pm)				✓
St. Cecilia's Senior Center - Collins Center 2555 - 17th Avenue San Francisco, CA 94116 ▪**566-2690** (M.,Tu.,Th., F. 9:30am)				✓
St. Elizabeth's Over 50 Club Church Hall Goettengin & Wayland Streets San Francisco, CA 94134 ▪**468-0820** (Th. 12 - 2:30pm)				✓
St. Elizabeth's/Mt. St. Joseph Young at Heart 100 Masonic Avenue San Francisco, CA 94118 ▪**567-8370** (M. 11am - 1pm)				✓
St. Emydius Senior Citizen's Club 270 Ashton Street San Francisco, CA 94112 ▪**587-7066** (W. 10:30 - 2:30pm)				✓
St. Finn Barr Senior Citizen's Club 415 Edna Street San Francisco, CA 94112 ▪**333-3627** (W. 12:30 - 3pm)				✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
St. Francis Lutheran Neighborhood Senior Center 152 Church Street San Francisco, CA 94114 ■**621-2635** (W. 10am - 2pm)		✓		✓
*St. Francis Meal Service First Congregational Church 432 Mason Street (at Post Street) San Francisco, CA 94102 ■**392-7463**	✓	✓		
St. James Plus 50 Club 1086 Guerrero Street San Francisco, CA 94110 ■**824-4232** (2nd & 4th W. 11am)				✓
St. Marks Lutheran Church Senior Center 1101 O'Farrell Street San Francisco, CA 94109 ■**928-7770** (F. hot lunch 11am - 2pm)		✓		✓
St. Mary Justin Drive & Murray Street San Francisco, CA 94112 ■**695-5006** (Tu. 10:30am - 2pm)			✓	
St. Michael's Happy Hearts 32 Broad Street (in Rectory) San Francisco, CA 94112 ■**333-1194** (Th. 1 - 2 pm)				✓
St. Paul's Golden Agers Club & Silver Belles 221 Valley Street, Rectory Hall San Francisco, CA 94131 ■**648-7538** (G.A. meets Tu. 12 - 2:30 pm) (S.B. meets Th. 12 - 2pm)				✓
St. Peter's Senior Center 1200 Florida Street San Francisco, CA 94110 ■**282-1652** (F. 10am - 3pm)				✓

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
St. Phillips Senior Center St. Phillips Church 725 Diamond Street San Francisco, CA 94114 ■**282-0141** (Th. 11am - 2pm)				✓
St. Stephen's Senior Club Donworth Hall 475 Eucalyptus Drive San Francisco, CA 94132 ■**681-2444** (Th. 11am - 2pm)				✓
St. Theresa's Senior Club Church Hall 19th & Connecticut Streets San Francisco, CA 94107 ■**285-5272** (F. 1 - 3pm)				✓
St. Vincent de Paul Church de Paul Seniors 2320 Green Street (Chapel) San Francisco, CA 94123 ■**922-1010** (1st Tu. 12 -1:30 pm)				✓
*Salvation Army Mission Senior Center 1156 Valencia Street San Francisco, CA 94110 ■**648-0276** (M. - F. 9am - 4pm)	✓	✓		
*Salvation Army Senior Activity Center & Nutrition Site 360 - 4th Street San Francisco, CA 94107 **777-2677** (M. - Su. 9am - 4pm)	✓	✓		
Salvation Army - Silvercrest (See Silvercrest)	n/a			
*Salvation Army Turk Street Senior Center 240 Turk Street San Francisco, CA 94102 ■**928-6024** (M. - F. 9am - 1pm)	✓	✓		

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
*San Francisco Senior Centers (See Aquatic Park or Downtown Senior Centers)	n/a			
Second Springtimers Club St. Paul of the Shipwreck Church 1122 Jamestown Avenue San Francisco, CA 94124 ■**468-3434** (3rd F. 10am - 1pm)				✓
*Self-Help for the Elderly 407 Sansome Street San Francisco, CA 94111 ■**982-9171**	✓	✓		
*Senior Power 805 Howard Street San Francisco, CA 94103 ■**541-9629**				Advo-cacy group
Seventh Avenue Presbyterian Church Senior Center 1329 - 7th Avenue San Francisco, CA 94122 ■**664-2543** (Th. 11am - 4pm)				✓
Silver Belles (See St. Paul's)	n/a			
Silvercrest - Salvation Army 133 Shipley Street San Francisco, CA 94107 ■**543-5381** or **777-2677**		✓		
South Sunset Senior Center Self-Help for the Elderly 40th Avenue & Vicente San Francisco, CA 94116 ■**566-2845** (M. - F. 9am - 3pm)	✓	✓		
*Spring Gardens at St. Anne's 300 Lake Street San Francisco, CA 94118 ■**751-6510** (M. - F. 10am - 3pm)	✓	✓		

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Sunset Parkside Activity Center 2390 - 34th Avenue San Francisco, CA 94116 ▪**731-5121** or **731-8070** (Th. 6pm)				a rehab. center for disabled seniors
*Sunset Senior Center 1090 Quintara Street San Francisco, CA 94116 ▪**759-9507**	✓	✓		
Teamster Union Local #85 Retirees Club 2660 Newhall Street San Francisco, CA 94124 ▪**330-8500**				✓
Telegraph Hill Neighborhood Association 660 Lombard Street San Francisco, CA 94133 ▪**421-6443**	✓	✓		
Telephone Pioneers, San Francisco Life Member of the 2150 Webster Street, Room 427 Oakland, CA 94612 ▪**542-0182**				✓
Temple Baptist Church Senior Center 3355 - 19th Avenue San Francisco, CA 94132 ▪**566-4080** (M 10:30 am - 1 pm)		✓		✓
Third Baptist Church Senior Club 1399 McAllister Street San Francisco, CA 94115 ▪**346-4426** (W. 9:30am - 2:30pm)		✓		✓
Thirtieth Street Senior Center 225 -30th Street San Francisco, CA 94131 ▪**550-2210**	✓	✓		

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
Ulloa Street Senior Center St. Gabriel's School Cafeteria 2559 - 40th Avenue San Francisco, CA 94116 ■**731-6161** (W. 2 - 4pm)				✓
Upper Noe Day & Sanchez Streets San Francisco, CA 94131 ■**695-5011** (W. 10:30 am - 3:00 pm)			✓	
*Visitacion Valley Senior Center 66 Raymond Avenue San Francisco, CA 94134 ■**467-4499**	✓	✓		
*Western Addition Senior Center 1390 ½ Turk Street San Francisco, CA 94115 ■**921-7030**	✓	✓		
West Sunset 39th Avenue & Ortega San Francisco, CA 94122 ■**753-7047** (Tu. 10 am - 3 pm)			✓	
Woolf House 801 Howard Street San Francisco, CA 94103 ■**495-0837**		✓		
*YMCA - Central Branch 220 Golden Gate Avenue San Francisco, CA 94102 ■**885-0460 x 281**	✓			
*YMCA - Mission Branch 4080 Mission Street San Francisco, CA 94112 ■**586-6900 or 586-3030**	✓	✓		

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SENIOR CENTERS AND CLUBS	Multi-Purpose	Nutrition Sites	Park & Rec.	Senior Clubs
*YMCA - Richmond Branch 360 -18th Avenue San Francisco, CA 94121 ■**666-9622**	✓			
*YMCA - Stonestown Branch 333 Eucalyptus Drive San Francisco, CA 94132 ■**759-9622**	✓	✓		

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SOCIAL SERVICE

*American Red Cross 427-8000
85 - 2nd Street
San Francisco, CA 94105

*Catholic Charities 281-1200
812 Mission Street, Mezzanine
San Francisco, CA 94103

*Chinese Newcomers Services 421-2111
777 Stockton Street, Room 104
San Francisco, CA 94108

*Family Service Agency 474-7310
1010 Gough Street
San Francisco, CA 94109

*Gay & Lesbian Outreach to Elders (G.L.O.E) 626-7000
New Leaf Services
1853 Market Street, #612
San Francisco, CA 94103

*International Institute 673-1720
2209 Van Ness Avenue
San Francisco, CA 94109

*Italian American Community Services 362-6423
678 Green Street
San Francisco, CA 94133

Japanese Family Service Program 474-7310
1010 Gough Street
San Francisco, CA 94109

*Japanese Newcomers (Nobiru Kai) 922-2033
1840 Sutter Street, Room 205
San Francisco, CA 94115

*Jewish Community Center of San Francisco 346-6040
3200 California Street
San Francisco, CA 94118

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*Jewish Family & Childrens' Service **567-8860**
1600 Scott Street
San Francisco, CA 94115

*La Raza Information Center **863-0764**
474 Valencia Street, Suite 100
San Francisco, CA 94103

*North of Market Multipurpose Senior Services **885-2274**
333 Turk Street
San Francisco, CA 94102

*Polish Arts & Culture Foundation **474-7070**
1290 Sutter Street
San Francisco, CA 94109

*Russian American Community Service **387-5336**
300 Anza Street
San Francisco, CA 94118

*Salvation Army --
Senior Meals, Activities and Support Services **777-5350**
850 Harrison Street
San Francisco, CA 94107

*St. Anthony Foundation **241-2600**
121 Golden Gate Avenue
San Francisco, CA 94102

*San Francisco Department of Human Services **557-5000**
150 Otis Street **558-1000**
San Francisco, CA 94103

*Self-Help for the Elderly **982-9171**
407 Sansome Street
San Francisco, CA 94111

*Services for Seniors **922-5438**
1525 Post Street
San Francisco, CA 94109

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SUBSTANCE ABUSE

*Alcoholic Anonymous 621-1326
1540 Market Street, # 150
San Francisco, CA 94102

Al-Anon 626-5633

Bridgeway Project -- Salvation Army 771-7640
242 Turk Street
San Francisco, CA 94102
Residential Facility for men and women; no self-referrals

*Community Substance Abuse Service 255-3500
1380 Howard Street, 4th Floor
San Francisco, CA 94103

Drug Hotline 1-800-888-9383
Operates as a crisis line for persons concerned with substance abuse issues -- if persons is ready to look for treatment then refer to Target Cities at 1-800-750-2727

*Golden Gate for Seniors 626-7553
637 South Van Ness Avenue 626-7779
San Francisco, CA 94110

*Harbor Lights -- Salvation Army . . . . . 864-7000 x 30

*Latino Family Alcoholism Counseling Center 826-6767
820 Valencia Street
San Francisco, CA 94110

*Mobile Assistance Patrol (MAP) 431-7400
1446 Market Street
San Francisco, CA 94102

Narcotics Anonymous 621-8600

National Council on Alcoholism 296-9900
944 Market Street, 3rd Floor
San Francisco, CA 94102

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*North of Market Senior Alcohol Program **885-2274**
333 Turk Street
San Francisco, CA 94102

*Ozanam - St. Vincent de Paul Society **621-6471**
1175 Howard Street **864-3057**
San Francisco, CA 94103

Salvation Army Adult Rehabilitation Center **695-8000**
1500 Valencia Street
San Francisco, CA 94110

*Substance Abuse Treatment Program **221-4810**
Veterans Administration Medical Center
4150 Clement Street
San Francisco, CA 94121

Target Cities **1-800-750-2727**
Provides comprehensive assessment for persons with substance abuse problems that want and are looing for treatment resources. If the person is not ready, or if the concerned party is a spouse or family member of a substance abuser it is best to call the Drug Hotline at 1-800-888-9383

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Support or self-help groups can put individuals in touch with other persons that share similiar problems, or that share mutual concerns or issues. Often times, just realizing that you are not alone with a particular problem is a great relief in itself. These groups can offer emotional support, understanding and suggestions for handling problems:

Self-Help Information & Referral Directory **available through the Northern California Community Council, Inc. by calling . . 772-4357**

Alcoholism:

Al-Anon 626-5633

National Council on Alcoholism 296-9900

Arthritis:

*Arthritis Foundation (Northern California) 673-6882
203 Willow, Suite 201
San Francisco, CA 94109

Cancer:

*American Cancer Society 394-7100
235 Montgomery Street, Suite 320
San Francisco, CA 94104

United Ostomy Care -- Golden Gate Chapter 664-4443
P.O. Box 7013
Corte Madera, CA 94976-7013

Deafness:

*University of California Center on Deafness (U.C.C.D.) . . . . . 476-4980 Voice
3333 California Street, Suite 10 476-7600 TDD
San Francisco, CA 94143-1208

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Diabetes:

*American Diabetes Association **777-4499**
North Coast Counties
631 Howard Street, # 520
San Francisco, CA 94105

Drug Abuse:

*Grandparents Who Care **865-3042**
One Rhode Island Street
San Francisco, CA 94103

A support and advocacy program dedicated to the acknowledgement and support of extended family members who are raising children because the children's parents are mentally ill, drug or alcohol addicted, incarcerated or deceased

Narcotics Anonymous **621-8600**

Epilepsy:

Epilepsy Society of San Francisco **1-510-893-6272**

Family Support:

Asian Pacific Islander Family Hotline:

- Chinese **642-6850**
- Filipino **642-6851**
- Cambodian **642-6852**
- Vietnamese **642-6853**
- Samoan **642-6854**
- Laotian **642-6855**

Gambling:

Gamblers Anonymous **1-800-287-8670**

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Gay & Lesbian:

*Gay & Lesbian Outreach to Elders - G.L.O.E. 626-7000
New Leaf Services - Gay & Lesbian Counseling
1853 Market Street, # 612
San Francisco, CA 94103

Parents & Friends of Lesbians and Gays (Parent's Flag) 921-8850
P.O. Box 640223
San Francisco, CA 94164

General Illness & Disability:

*United Cerebral Palsy 627-6939
660 Market Street, # 401
San Francisco, CA 94104

Grandparents:

*Grandparents Who Care 865-3042
One Rhode Island Street
San Francisco, CA 94103

A support and advocacy program dedicated to the acknowledgement and support of extended family members who are raising children because the children's parents are mentally ill, drug or alcohol addicted, incarcerated or deceased

Grief:

*Catholic Charities -- Grief Counseling 564-7882
St. Gabriel's Church
2559 40th Avenue
San Francisco, CA 94116

*Center for Elderly Suicide Prevention & Grief
Related Services (Friendship Line) 750-5355
c/o Goldman Institute on Aging
3626 Geary Boulevard
San Francisco, CA 94118

*Indicates agency is profiled within the White Pages

*Coming Home Hospice **861-1110**
115 Diamond Street
San Francisco, CA 94114

*Hospice by the Bay **626-5900**
1540 Market Street, # 350
San Francisco, CA 94102-6035

*Jewish Family & Children's Services **567-8860**
Widow/Widowers Outreach Program
1600 Scott Street
San Francisco, CA 94115

Shanti Project **864-2273**
1546 Market Street
San Francisco, CA 94102

Counseling and emotional support for persons facing bereavement, and to their family and friends. A practical support program for shopping and physical needs. Van to and from medical appointments. Fun squad -- free tickets for recreational activities

Heart Disease:

May we suggest asking your particular hospital for any support groups dealing with heart problems

Lung Diseases:

*American Lung Association of San Francisco **994-5864**
2171 Junipero Serra Blvd., Suite 720
Daly City, CA 94014

Better Breathers' Club (American Lung Association) **994-5864**
2171 Junipero Serra Blvd., Suite 720
Daly City, CA 94014

Mental Illness:

Recovery Incorporated **1-510-482-5808**
Informational number regarding specific meeting time and places

*Indicates agency is profiled within the White Pages

Multiple Sclerosis:

*Independent Living Resource Center - San Francisco 863-0581
70 - 10th Street
San Francisco, CA 94103

San Francisco Multiple Sclerosis Rap Group 1-510-268-0572
150 Grand Avenue
Oakland, CA 94612

Stroke:

*American Heart Association -- San Francisco Stroke Club 433-2273
120 Montgomery Street, Suite 1650
San Francisco, CA 94104

*Family Caregiver Alliance 434-3388
425 Bush Street #500
San Francisco, CA 94108
For brain-impaired adults

Visual Disability:

*National Association for Visually Handicapped 221-3201
3201 Balboa Street
San Francisco, CA 94121
Adult discussion group

Weight Control:

Overeaters Anonymous 436-0651
P.O. Box 420962
San Francisco, CA 94142-0962

Women:

*American Cancer Society -- San Francisco Chapter 394-7100
235 Montgomery Street, Suite 320
San Francisco, CA 94104
Reach to Recovery - Volunteer visiting & referral for breast cancer

*Indicates agency is profiled within the White Pages

*Options for Women Over 40 . . . . . **837-0157**
690 Market Street, #501
San Francisco, CA 94104

W.O.M.A.N., Inc. . . . . **864-4722** Crisis
Women Organized to Make Abuse Non-Existant . . . . . **864-4733** Bus.
333 Valencia Street, Suite 251
San Francisco, CA 94103

*Indicates agency is profiled within the White Pages

TELEPHONE REASSURANCE

Telephone reassurance programs provide regular telephone contact with older adult, to end social isolation or ascertain needs, health status and safety.

*Bayview Hunter's Point Nework for Elders Project 647-5353
3450 Third Street, Building 2A, Suite 200
San Francisco, CA 94124

*Friendship Line for the Elderly -- Center for Elderly
Suicide & Grief-Related Services 752-3778
c/o Goldman Institute on Aging
3626 Geary Boulevard
San Francisco, CA 94118

*Gay & Lesbian Outreach to Elders -- G.L.O.E. 626-7000
New Leaf Services
1853 Market Street #612
San Francisco, CA 94103

*Jewish Family and Children's Service 567-8860
1600 Scott Street
San Francisco, CA 94115

*Noriega Adult Day Care 242-8015
3601 Noriega
San Francisco, CA 94122

*Retired Senior Volunteer Program (RSVP)
Tele/Friend Program 731-3335
1125 Quintara Street
San Francisco, CA 94116

*Indicates agency is profiled within the White Pages

TRANSPORTATION & ESCORT

Airport Connections **885-2666**
100B Produce Avenue
South San Francisco, CA 94080

Ambutrans **931-3036**
2238 Geary Boulevard
San Francisco, CA 94115
$25 plus $2.00 a mile; accepts MediCal

Amtrak Information **1-800-872-7245**

*American Cancer Society **394-7100**
235 Montgomery Street, # 320
San Francisco, CA 94104
Needs referral from Medical Team first

BART Information **992-2278**

Bay Region Transit Discount **923-6070**
2630 Geary Boulevard
San Francisco, CA 94118

Caltrain Information **1-800-660-4287**

*Elderly Teen Connection (E.T.C.) **584-0300**
222 Plymouth
San Francisco, CA 94112
Intergenerational program; high school students provide escorting

*Free Wheelers Association, Inc. **759-3322**
Laguna Honda Hospital **661-2622**
P.O. Box 27428 **552-9119**
San Francisco, CA 94127
Provides outings for wheelchair users

Golden Gate Regional Transit Discount Card for 65+ **921-5858**
Located at the Golden Gate Toll Plaza, Mon .- Thur. 9-3

*Mobile Assistance Patrol (MAP) **431-7400**
1446 Market Street
San Francisco, CA 94102
Assists persons intoxicated and unable to mobilize themselves

*Indicates agency is profiled within the White Pages

M.V. Transportation 468-4300
50 Elmira
San Francisco, CA 94124
Accepts Medi-Cal; $45 one way and $60 roundtrip within S.F.; $2.50 per mile for trips outside S.F.; $35 extra charge for assistance with stairs (roundtrip)

Muni Telephone Information Center 673-6864

*Paratransit Services (Taxi Scrip Vouchers, etc.) . . . . . 543-9650 Intake
Cerenio Management Group - Paratransit Broker
5 Freelon Street
San Francisco, CA 94107

Paratransit Service Providers (Group Van):

Canon Kip 861-6801

Centro Latino 861-8758

John King 239-6233

*Rose Resnick Lighthouse for the Blind and Visually Impaired 431-1481
214 Van Ness Avenue
San Francisco, CA 94102

*Russian American Community Service 387-5336
300 Anza
San Francisco, CA 94118
Provides van service to meal site & shopping only -- Mon.- Fri.

Samtrans (San Mateo County Transit) 1-800-660-4287

*Senior Information and Referral 626-1033
Commission on the Aging
25 Van Ness Avenue, Suite 650
San Francisco, CA 94102
Issues Muni I.D. cards to seniors (65 years of age or above)

*Indicates agency is profiled within the White Pages

St. Mary's Area Rapid Transit (S.M.A.R.T. Van) **750-5557**
Transportation to the Hospital and doctor's office within the building;
Within S.F. cost is $10 each way, $15 cost for wheelchair users
Outside of S.F. cost is 17.50 each way, $17 for wheelchair users
Mon. - Fri. 5am - 6pm

*Senior Escort Program
Two office locations:

Main Office/Capp Street Office . . . . . **695-5170** Admin.
1101 Capp Street **695-5180** Escort
San Francisco, CA 94110

Pacific Avenue Office **391-5686**
799 Pacific Avenue
San Francisco, CA 94133

Yellow Cab -- Ramped Taxis (for wheelchair users) **626-2345**
Must call an hour ahead for ride

Yellow Paratransit **282-2300**
175 Turk Street
San Francisco, CA 94102
Accepts Medi-Cal, will assist with stairs, wheelchair service and ambulatory transfer within and outside San Francisco, call for rates

*Indicates agency is profiled within the White Pages

VOLUNTEERS

Volunteerism is a vital part of the older adult community. Several agencies serving the elderly depend greatly on volunteer help. Quite often, older adults are looking for a non-profit agency that could use their skills, time and energy. Listed below are agencies that recruit volunteers to help make their programs complete. Note: *The Volunteer Center of San Francisco at 982-8999* may be reached for additional options.

*Catholic Charities 281-1200
814 Mission Street
San Francisco, CA 94103

*Bayview Hunter's Point Network for Elders Program 647-5353
3450 Third Street, Building 2A Suite 200
San Francisco, CA 94124

*Gay & Lesbian Outreach to Elders - G.L.O.E. 626-7000
New Leaf Services
1853 Market Street, # 612
San Francisco, CA 94103

*Jewish Family & Children's Services 567-8860
1600 Scott Street
San Francisco, CA 94115

*Little Brothers -- Friends of the Elderly 771-7957
481 O'Farrell Street
San Francisco, CA 94102

National Council on Alcoholism 296-9900
944 Market Street, 3rd Floor
San Francisco, CA 94102

*Neighborhood Elders Support Team (N.E.S.T.) 206-9177
(former Bernal Elders Support Team - B.E.S.T.)
515 Cortland Avenue
San Francisco, CA 94110

*Northern California Council for the Community, Inc. (NCCC) 772-HELP
50 California Street # 200 772-4357
San Francisco, CA 94111
Formerly the United Way Helpline

*Indicates agency is profiled within the White Pages

*Ombudsman - Long Term Care **751-9788**
Family Service Agency **1-800-231-4024**
Crisis Line
6221 - Geary Boulevard, 3rd Floor
San Francisco, CA 94121

*Retired Senior Volunteer Program (RSVP) **731-3335**
1125 Quintara Street
San Francisco, CA 94116

*San Francisco General Hospital -- Volunteer Program **206-8193**
1001 Potrero Avenue
San Francisco, CA 94110

*San Francisco School Volunteers Program **274-0257**
65 Battery Street, 3rd Floor
San Francisco, CA 94111

*St. Anthony Foundation **241-2600**
121 Golden Gate Avenue
San Francisco, CA 94102

*Service Corps of Retired Executives (SCORE) **744-6827**
455 Market Street, 5th Floor
San Francisco, CA 94105

*Tenderloin Elder Friends **928-6209**
Network Ministries
559 Ellis Street
San Francisco, CA 94109

*Volunteer Center of San Francisco **982-8999**
1160 Battery Street, Suite 70
San Francisco, CA 94111

*Indicates agency is profiled within the White Pages

1997 Resource Guide

City & County of San Francisco Agency Profiles

City and County of San Francisco

City College of San Francisco
- Mission Campus, Older Adults Department C1
- Southeast Campus C2

Commission on the Aging C3
- Senior Information and Referral C4

Commission on the Status of Women C5

Department of Human Resources -- formerly Civil Service Commission C6

Department of Human Services (DHS) -- formerly Department of Social Services (DSS)
- Adult Services Program C7
- Food Stamp Program C8
- Medi-Cal C10

Department of Public Health
- Administration C11
- Breast and Cervical Cancer Control Program C12
- Castro/Mission Health Center C14
- Chinatown Public Health Center C16
- Community and Home Injury Prevention Program for Seniors (CHIPPS) C18
- Community Substance Abuse Services C19
- Division of Mental Health Services Administration C20
  - Central City Senior Unit C21
  - Chinatown North Beach Mental Health Services C22
  - Family Service Agency Geriatric Services - West C23
  - Mission Integrated Service Center C25
  - Southeast - Mission Geriatric Services C26
- Geriatric Focused Primary Care Clinic C27
- Health at Home - Home Health Agency C28
- Laguna Honda Hospital and Rehabilitation Center C29
  - Adult Day Health Center C30
- Maxine Hall Health Center C31
- Ocean Park Health Center C32
- Paramedic Division C34
- Public Conservator C35
- San Francisco General Hospital Medical Center C36
- Silver Avenue Family Health Center C37

District Attorney's - Consumer Fraud and Environmental Protection Unit C39

Mayor's Assistance and Neighborhood Outreach (MANO) C40

Mayor's Office of Housing C41

Police Department - Senior Escort Program C42

Public Administrator/Guardian C43
- Rep Payee Program C44

Public Library
- Library for the Blind and Print Handicapped C45
- Library on Wheels - Bookmobile C46

Recreation and Park Department C47

Residential Rent Stabilization and Arbitration Board C48

CITY COLLEGE OF SAN FRANCISCO
Older Adults Department
Mission Campus
106 Bartlett (22nd Street)
San Francisco, CA 94110

Phone(s):
(415) 550-4415

Days & Hours:
Mon.-Thurs., 8-4:30

Person in Charge:
Carlotta del Portillo, Dean
R. Wood Massi, Department Chair, Older Adults Program

Services:
Located at 40 different neighborhood sites, classes are offered in a variety of subject areas, including art, literature, music, theater, wellness, exercise, sewing, discussions, etc. The community agency provides the site and the Older Adults Department provides the instructor. Classes are taught in the Spring Semester from January through May, and in the Fall Semester from August through December. Free brochures are available for mailing by calling the office.

Fees: Tuition free. Books and materials vary according to class

Eligibility: Age 55 and over

Area Served: San Francisco County

Application: Open enrollment throughout the semester. Walk in to counseling office

Languages: Spanish

Accessibility: Most facilities are wheelchair accessible

Transportation: MUNI - 14 Mission, 49 City College, 26 Valencia; BART - 24th St. Station

Funding: State, federal

CITY COLLEGE OF SAN FRANCISCO
Southeast Campus
1800 Oakdale (Phelps)
San Francisco, CA 94124

Phone(s):
(415) 550-4300 Information
(415) 550-4320 Counselors

Days & Hours:
Mon.-Fri. (Office Hours)
Some classes held weekends and evenings

Person in Charge:
Bernice B. Brown, Campus Dean

Services:
Provides educational opportunities for San Francisco residents. Non-credit classes include: Adult Basic Education, Clerical/Secretarial, Computer Studies, Dressmaking, English As a Second Language (ESL), General Education Development (GED) preparation, and Computerized machine technology. College credit courses include: General Education, Child Development, Lead Abatement and Aerobics.

Fees:	Non-credit Courses - None, Credit Classes - $13.00 per Unit
Eligibility:	San Francisco residents age 18 or over; or currently enrolled high school students
Area Served:	San Francisco County
Application:	Walk in
Languages:	Filipino (Tagalog), Spanish
Accessibility:	Wheelchair accessible/restroom, ramp/elevator to all levels
Transportation:	MUNI - 15 Third, 23 Monterey, 24 Divisadero, 44 O'Shaughnessy
Funding:	City, county, state, federal

COMMISSION ON THE AGING
25 Van Ness Avenue, Suite 650 (Market)
San Francisco, CA 94102

Phone(s):
(415) 864-6051

Days & Hours:
Mon. - Fri., 8-5

Person in Charge:
David Ishida, Executive Director

Services:
An administrative office which contracts with agencies serving seniors in the areas of: housing, legal services, community services, case management, transportation, escort service, congregate and home-delivered meals, mental health, general health, in-home services, consumers services, and ombudsmen. The Commission also maintains an information and assistance office for seniors, caregivers or social service agencies.

Fees: None

Eligibility: Age 60 or over

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese, Filipino, Spanish and Russian

Accessibility: Wheelchair accessible, elevators, restrooms

Transportation: MUNI - F Market Street, 6 Parnassus, 7 Haight, 47 Van Ness, 49 City College, 71 Noriega. MUNI Metro - Van Ness Avenue Station

Funding: City and County of San Francsico, state (Department of Aging), federal (Administration on Aging)

COMMISSION ON THE AGING
Senior Information and Referral
25 Van Ness Avenue, Suite 650
San Francisco, CA 94102

Phone(s):
(415) 626-1033

Days & Hours:
Mon. - Fri., 8-4:30 (Phone Inquiries)
Mon. - Fri., 8-5 (Walk-in Services)
Answering service after regular hours

Person in Charge:
David Ishida, Executive Director
Tania Bauer, Senior I&R Manager

Services:
Provides information and referral for seniors, informal caregivers and agencies serving seniors. Referrals for health care, social services, legal assistance, housing, adult day health centers, transportation, in-home support services, etc. A health education and consumer library provides free print materials and a video loan service. Distributes senior Gold Cards and Muni ID cards. Publishes an annual resource guide of services for seniors in San Francisco and produces a variety of speciality lists. A 24-hour Elder Abuse Referral Line answers questions about suspected elder abuse and connects callers with the appropriate agencies in the Elder Abuse Consortium for further action. Conducts orientation sessions regarding services for interested agencies or programs. Participates in outreach activities in the various communities.

Fees:	None
Eligibility:	Age 60 or over
Area Served:	San Francisco County
Application:	Walk in for Gold Card or Muni ID. Walk in or phone for information and referral services
Languages:	Chinese (Cantonese, Mandarin), Spanish (others by arrangement)
Accessibility:	Wheelchair accessible, elevators, restroom
Transportation:	MUNI - F Market Street, 6 Parnassus, 7 Haight, 47 Van Ness, 49 City College, 71 Noriega. MUNI Metro - Van Ness Avenue Station
Funding:	City and County of San Francisco

COMMISSION ON THE STATUS OF WOMEN
25 Van Ness Avenue, Room 130
San Francisco, CA 94102

Phone(s):
(415) 252-2570
(415) 252-2575

Days & Hours:
Mon.-Fri., 8-5

Person in Charge:
Sonia Melara, Executive Director

Services:
Fosters the advancement of the status of women and girls, particularly those issues that impact women of color and low income women, both within City and County government and in the private sector. Advocates and proposes legislation to improve the quality of women's lives. Promotes programs that increase public awareness and understanding of domestic violence. Administers funds for Domestic Violence and Sexual Assault Services. Monitors complaints of unlawful and unequal treatment of women; investigates inequalities and proposes remedies. Promotes public education and awareness on prevention of sexual harassment and other job discrimination of women. Provides technical assistance, information and referrals to individuals, community organizations, businesses and government, related to women and young women's rights and service. Maintains an updated job resource library which is free to the public between the hours of 9 am and 4 pm, located at the commission office.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Spanish

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - Market Street lines. MUNI Metro - Van Ness Station. BART - Civic Center Station

Funding: City, County

DEPARTMENT OF HUMAN RESOURCES
Information Center
44 Gough Street (1/2 block south of Market)
San Francisco, CA 94103

Phone(s):
(415) 557-4888 Job Hotline
(415) 557-4800 Office
(415) 775-9484 TDD

Days & Hours:
Mon. - Fri., 8-5
24 hours daily

Person in Charge:
Andrea Gourdine, Human Resources Director

Services:
Maintains information about employment opportunities and procedures with the City and County of San Francisco. Job announcements are posted Fridays. The Job Hotline is updated Thursday afternoons. Qualified applicants will be notified when examinations are scheduled.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco City/County
Application:	Walk in. Must fill out application and take civil service exam
Languages:	Chinese (Cantonese), Filipino (Tagalog), Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 7 Haight, 71 Noriega and F Market stops on corner of Gough and Market Street
Funding:	City and County of San Francisco

DEPARTMENT OF HUMAN SERVICES (DHS)
Adult Services Program
P. O. Box 7988 (Mailing address)
1650 Mission Street (Administration)
San Francisco, CA 94120

Phone(s):
(415) 557-5579 Administration
(415) 557-5251 Intake, In-Home Support Services
(415) 557-5230 Adult Protective

Days & Hours:
Mon.-Fri., 8-5

Person in Charge:
Anthony Nicco, Program Manager

Services:
Provides protective services for adults who are a danger to themselves or the community or who are in danger of being abused, exploited or neglected (without regard to income). Provides in-home support services to maintain aged, blind or disabled low-income adults in their own home, in-home care providers provide a variety of tasks including cleaning, personal care (e.g., bathing, ambulation feeding) and domestic (e.g., cleaning, shopping, laundry).

Fees: None

Eligibility: Aged, blind or disabled adult, low-income, receiving SSI, SSP for some services

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese, Filipino (Tagalog), Russian, Spanish, (by arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - 14 Mission, 26 Valencia, 47 Van Ness, 49 City College

Funding: County, state, federal

DEPARTMENT OF HUMAN SERVICES (DHS)
Food Stamp Program
Mail: P. O. Box 7988
San Francisco, CA 94120

1235 Mission Street (8th Street) Office
San Francisco, CA 94103

Phone(s):
(415) 558-4186 Outreach Hotline
[Flexible services for the Elderly and/or People with Disabilities]
(415) 558-1000 Central Information
(415) 558-1157 Administration
(415) 558-1015 AIDS Patients

Days & Hours:
Mon.-Fri., 8-5

Person in Charge:
Anthony Arturi, Program Manager

Services:
Provides coupons which can be used to purchase food items for low-income persons who meet financial guidelines. A one-person household may receive a maximum of $112 of Food Stamps per month, a two person household may receive up to $206 per month, $295 for three, etc.

Fees: None

Eligibility: Citizen of U.S. or a qualifying legal resident alien, living in San Francisco and low-income as determined by Food Stamp formula. The maximum monthly gross income for a household of one is $810, household of two is $1,087, household of three is $1,369, household of four is $1,642, etc. Maximum resource limit is $2,000 per household; $3,000 if one or more members are age 60 or over. Persons on SSI are not eligible for Food Stamps in California. College students 18-49 may be eligible if working 20 hours per week or in college work study or disabled. Persons over age 60 or disabled may have income somewhat higher than the standards listed above if they have especially high rent and/or medical expenses

Area Served: San Francisco County

Application: Walk in or call the OUTREACH HOTLINE: 558-4186 for information and applying by mail. Home visits rarely needed; clients can authorize someone to represent them for Food Stamps

Languages: Chinese (Cantonese, Mandarin), Vietnamese, Russian, Spanish, Tagalog

Accessibility: Wheelchair accessible

Transportation: MUNI - 14 Mission, 26 Valencia, 19 Polk, One block from Market St. (Civic Center). MUNI Metro/BART - Civic Center Station

Funding: Federal (Department of Agriculture), state

DEPARTMENT OF HUMAN SERVICES
(Formerly known as Department of Social Services)
Medi-Cal
150 Otis Street (Duboce Street)
San Francisco, CA 94103

Phone(s):

(415) 863-9892 Information
(415) 557-6071 Replacement Cards
(415) 557-6072 Abortions

Days & Hours:

Mon.-Fri., 8-5 (Office)
Mon.-Fri., 8-4 (Screening)
Mon.-Fri., 8-11 & 1-3 (Screening)

Person in Charge:

Dolores Heaven, Program Director

Services:

A medical assistance program for eligible clients, Medi-Cal pays for health care services which are medically necessary. Covered services include physicians visits, hospitalization, some medications, dental and home health care, adult day health services, prosthetic and orthopedic devices, eyeglasses, hearing aids and some medical equipment. Some services and drugs require prior authorization.

Fees: None

Eligibility: San Francisco residents who are aged, blind, disabled, pregnant, families with dependent children, or refugees, and meet income and property reserve guidelines. Minors age 12 or over may apply for themselves for certain services like sexual assault, family planning, pregnancy, venereal disease, drug or alcohol abuse and some mental health services if their parents refuse to apply for them, or if the minor wishes their treatment to remain confidential

Area Served: San Francisco County

Application: Walk in or apply by phone for screening

Languages: American Sign, Chinese (Cantonese, Mandarin),Tagalog, French, Japanese, Korean, Russian, Spanish, Vietnamese

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - 14 Mission, 26 Valencia, 49 City College

Funding: State, federal

DEPARTMENT OF PUBLIC HEALTH
Administration
101 Grove Street
San Francisco, CA 94102

Phone(s):
(415) 554-2500

Days & Hours:
Mon.-Fri., 8-5

Person in Charge:
Sandra R. Hernandez, MD, Director

Services:
Administers the programs and services of the San Francisco Public Health Department. Refers individuals to appropriate programs for the services they need.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Apply by phone
Languages:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 19 Polk, Market Street lines
Funding:	City, county

DEPARTMENT OF PUBLIC HEALTH
Breast and Cervical Cancer Control Program
680 - 8th Street, Suite 230
San Francisco, CA 94103

Persons in Charge and Phone(s):

Diane Carr, Co-Project Director	(415) 554-9729
Jan Murphy, Co-Project Director	(415) 487-7575
Jennifer Chin, Program Coordinator	(415) 554-9642
Fax	(415) 554-9678

Days & Hours:
Vary by clinic, call for appointments

Services:
Provides free breast and cervical screening examinations. Women 18 years and older can receive a pelvic, pap smear and a clinical breast exam every one to three years, based on doctor's recommendations. In addition, women 50 years and older can receive a yearly mammogram. Women 40-49 years old may receive mammograms if there is a family history of breast cancer or if there are symptoms of disease. If there is an abnormal finding free diagnostic exams are available.

Fees: None for eligible clients

Eligibility: Women who are low income (200% of poverty) and have no medical insurance. Women who have medical insurance whose co-payment is not met or the medical insurance does not offer breast or cervical screening and meets the income guidelines

All eligible California residents may receive BCCCP services at San Francisco Public Health Clinics and San Francisco Clinic Consortium listed below. Patients will have to pay for medical services not covered by BCCCP. However, you may be eligible for medical services at a reduce cost. Ask your clinic for details

Area Served: Entire state of California

Application: Call one of the following clinics for an appointment:

1. Castro-Mission Health Center
   3850 - 17th Street
   Phone: (415) 487-7500

2. Maxine Hall Health Center
   1301 Pierce Street
   Phone: (415) 292-1300

3. Silver Avenue Family Health Center
   1525 Silver Avenue
   Phone: (415) 715-0300

4. Chinatown Public Health Center
   1490 Mason Street
   Phone: (415) 705-8500

5. Ocean-Park Health Center
   1351 - 24th Avenue
   Phone: (415) 753-8100

6. Potrero Hill Health Center
   1050 Wisconsin
   Phone: (415) 648-3022

7. Southeast Health Center
   2401 Keith
   Phone: (415) 715-4000

8. Mission Neighborhood Health Center
   240 Shotwell
   Phone: (415) 552-3870

9. Northeast Medical Services
   1520 Stockton Street
   Phone: (415) 391-9686

10. SFGH, Women's Health Clinic
    1001 Potrero Avenue, 5M
    Phone: (415) 206-3400

Languages: Spanish and/or Chinese at most sites. Call clinics for more information

Accessibility: Wheelchair accessible. Motorize exam tables at some sites

Transportation: All sites are accessible by public transportation. Ask clinic when your first appointment is made

Funding: State, Federal

DEPARTMENT OF PUBLIC HEALTH
Castro/Mission Health Center
(formerly District Health Center #1)
3850 - 17th Street (Noe)
San Francisco, CA 94114

Phone(s):

(415) 487-7500 Information
(415) 487-7585 Health Education
(415) 487-7550 Nursing
(415) 487-7540 Administration
(415) 621-4858 HIV Testing/Anonymous
(415) 621-5106 TTY

Days & Hours:

Mon. - Fri., 8-5 (Office)
Mon. - Fri., 8-12, 1-4:30 (Clinic)

(HIV Testing)
Mon. - 10-5:30
Tues. - Thurs., 10-5
Fri. - 12-4
Sat. - 8:30-4

Person in Charge:

Janet Murphy, Center Director
Jane Bailowitz, M.D., Medical Director

Services:

Provides primary and preventive health care for individuals of all ages including HIV positive patients. Clinic services include children's Clinics, Child Health Disability Prevention (CHDP), a teen clinic, and a family planning clinic. Associated Services include an HIV Anonymous Testing Program under the direction of the AIDS Health Project. Public Health nurses make home visits, provide geriatric case management and provide health education in schools and at community sites. Also offers screening for colo-rectal cancer, tuberculosis and hypertension. Other services include immunizations, flu shots and smoking cessation.

Fees: Vary according to income, Medi-Cal, Medicare, private insurance accepted

Eligibility: San Francisco residents

Area Served: San Francisco: primarily Castro, Diamond Heights, Mt. Davidson, Noe Valley and Mission Districts

Application: Apply by phone. Appointment necessary for clinics

Languages: Spanish, Chinese, Filipino (Tagalog) by arrangement

Accessibility: Main entrance wheelchair accessible

Transportation: MUNI - F Market, 22 Fillmore, 24 Divisadero, 33 Ashbury, 37 Corbett. Metro - F, J, K, L, and M

Funding: City, county, state, federal

DEPARTMENT OF PUBLIC HEALTH
Chinatown Public Health Center
(formerly District Health Center No. 4)
1490 Mason Street (Broadway Tunnel)
San Francisco, CA 94133

Phone(s):		**Days & Hours:**
(415) 705-8500	Information/App'ts	Mon.-Fri., 8-5
(415) 705-8620	Health Inspections	Mon.-Fri., 8-5
(415) 705-8555	WIC Nutrition Program	Mon.-Fri., 8-5
(415) 705-8590	Public Health Nursing	Mon.-Fri., 8-5
(415) 705-8610	Family Planning	Mon., 12:30-5:30, Wed., 8-12 Fri., 8-12

Person in Charge:
Madeline Ritchie, Center Director
Dr. Alex Moy, Medical Director

Services:
Provides comprehensive primary care services for all ages. Direct treatment as well as preventive health services are provided. This includes perinatal services with delivery at San Francisco General Hospital, well-baby clinic, Child Health Disability Prevention (CHDP) exams, dental services for children 4-17 years of age, immunizations, adult health screening including treatment of acute and chronic illnesses, blood pressure screening and complete family planning services. The W.I.C. nutrition program has services at the Center. There are prevention centered services including health education, information and referral, nutrition counseling, public health nursing. Public health nurses provide in-home assessment and counseling for high risk conditions and case management for fragile elderly. Environmental Inspectors investigate complaints of unhealthy and unsanitary conditions such as improperly handled food, garbage, unsafe housing, toxic spills and rodent control.

Fees:	Vary according to service. Medi-Cal, Medicare, private insurance accepted
Eligibility:	San Francisco resident
Area Served:	San Francisco County
Application:	Walk in or apply by phone. Appointment necessary for clinics
Languages:	Chinese (Cantonese, Mandarin), Filipino (Tagalog), Laotian, Spanish, Vietnamese

Department of Public Health - Chinatown Public Health Center

Accessibility: Wheelchair accessible/elevator

Transportation: MUNI - 30 Stockton, 45 Greenwich, 83 Pacific, Powell Cable Car

Funding: City, county, state, federal

DEPARTMENT OF PUBLIC HEALTH
Community and Home Injury Prevention Program for Seniors (CHIPPS)
101 Grove Street, Room 118
San Francisco, CA 94102

Phone(s):
(415) 554-2924
(415) 554-2746

Days & Hours:
Mon.-Fri., 9-4:30

Person in Charge:
Michael Radetsky, Project Coordinator

Services:
Seeks to prevent injury and enhance independence by helping seniors maintain a safe home. Services include a home safety check list, information on home safety repairs such as installation of grab bars, smoke detectors and repair of stairs, etc. Free grab bars provided to eligible seniors. Also provides personal medication counseling by a professional pharmacist. Provides referrals to health providers and community programs as appropriate. Advocates for changes which will reduce injury hazards in public areas.

Fees:	None
Eligibility:	San Francisco resident, age 60 or over, with low to moderate income
Area Served:	San Francisco
Application:	Apply by phone
Languages:	Interpreters (by arrangement)
Accessibility:	Call for information, Stairs to Administration Office
Transportation:	MUNI - Market Street lines, BART - Civic Center Station
Funding:	City, county, grants

DEPARTMENT OF PUBLIC HEALTH
Community Substance Abuse Services
Administrative Offices
1380 Howard Street, 4th Floor (10th Street)
San Francisco, CA 94103

Phone(s):
(415) 255-3500

Days & Hours:
Mon.-Fri., 8-5

Person in Charge:
Larry Meredith, Ph.D., Director

Services:
Administers local, state and federal funds for alcohol and drug abuse prevention, intervention and treatment programs. Monitors programs for compliance. Provides alcohol and drug abuse treatment through various funded public and private community based programs. Publishes 'Overview,' a directory of alcohol and drug abuse services in San Francisco, annually. Research information and a film library are available for agency use.

Fees: $5 for directory for non profits
$8 for directory for individuals

Eligibility: San Francisco resident

Area Served: San Francisco County

Application: Apply by phone

Languages: Filipino (Tagalog), German, Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 14 Mission, 9 San Bruno

Funding: City, county, state, federal

DEPARTMENT OF PUBLIC HEALTH
Division of Mental Health Services Administration
1380 Howard Street, 5th Floor
San Francisco, CA 94103

Phone(s):
(415) 255-3400

Days & Hours:
Mon.-Fri., 8-5

Person in Charge:
Jo Ruffin, LCSW, Deputy Director of Health for DMS

Services:
Provides the administration of a comprehensive mental health and substance abuse services system for San Francisco City and County. Services include consultation, information, education, advocacy, outpatient services, case management, day treatment, residential treatment and hospitalization. The Director for Geriatric and Long-Term Care administers a comprehensive system for seniors. Four treatment teams located in different areas of the City are the foundation of this system. Call for more specific information.

Fees:	Vary according to income and service, Medi-Cal, Medicare, private insurance accepted
Eligibility:	San Francisco resident
Area Served:	San Francisco County
Application:	Apply by phone for information regarding individual programs
Languages:	Vary according to program
Accessibility:	Varies according to program
Transportation:	Not necessary for service
Funding:	City, county, state, federal, fees, Medi-Cal, Medicare

DEPARTMENT OF PUBLIC HEALTH
Division of Mental Health
Central City Senior Unit
1155 Market Street, Suite 104 (Between 7th and 8th Sts)
San Francisco, CA 94103

Phone(s):
(415) 554-3277

Days & Hours:
Mon.-Fri., 8:30-5

Person in Charge:
Linda Li Brize, Director

Services:
Provides crisis outreach services, psychiatric evaluation, individual, family and group therapy, home visits, medications, case management, referral to community programs including day treatment for seniors age 60 or over. Also offers community education and consultations. Both brief and long-term therapy are provided.

Fees: Vary according to income, Medi-Cal, Medicare, private insurance accepted

Eligibility: San Francisco resident, age 60 or over

Area Served: San Francisco County, primarily South of Market, Tenderloin districts

Application: Apply by phone

Languages: Filipino (Tagalog), French, German, Italian, Spanish - Serve citywide seniors who are monolingual, Cantonese, Mandarin

Accessibility: Wheelchair accessible/elevator

Transportation: MUNI - Market Street Lines, BART - Civic Center Station

Funding: City, county

DEPARTMENT OF PUBLIC HEALTH
Division of Mental Health Services
Chinatown North Beach Mental Health Services
729 Filbert Street (Columbus)
San Francisco, CA 94133

Phone(s):
(415) 352-2000

Days & Hours:
Mon.-Fri., 8:30-5

Person in Charge:
Wilma Louie, Director

Services:
Provides psychiatric evaluation, crisis intervention, individual therapy, family intervention, medications, group activities and therapy, crisis outreach, consultation, education and information activities, acupuncture treatment for psychiatric disorders, case management services, and a day rehabilitation program.

Fees:	Sliding scale according to income. Medicare, Medi-Cal, private insurance accepted
Eligibility:	Age 14 or over with a psychiatric problem
Area Served:	San Francisco County, primarily Chinatown, North Beach areas
Application:	Walk in or apply by phone
Languages:	Burmese, Cambodian, Chinese (Cantonese, Mandarin), Italian, Vietnamese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 30 Stockton, 41 Union, 15 Third
Funding:	City, county, state, federal

DEPARTMENT OF PUBLIC HEALTH
Division of Mental Health
Family Service Agency Geriatric Services - West
6221 Geary Boulevard
San Francisco, CA 94121

Phone(s):
(415) 386-6600

Days & Hours:
Mon.-Fri., 9-5

Person in Charge:
Marie Wren, MFCC, Program Director
Kenneth Passamaneck, MD, Medical Director

Services:

Geriatric Home Evaluation and Treatment: The Geriatric Home Evaluation and Treatment Team provides services both in the clinic and in the home. Services include psychiatric assessment and treatment, crisis intervention, medication evaluation/supervision by a psychiatrist, case management for assistance with medical, residential, legal and financial problems and in-home services and individual family therapy.

Geriatric Day Treatment: The Geriatric Day Treatment Center provides rehabilitative psychiatric day treatment for adults over 60 years of age. Persons who may benefit from the Center are those who need more frequent counseling in a structured environment and who have acute and/or chronic psychiatric or emotional problems. Services include psychiatric evaluation and assessment, medication evaluation/supervision by a psychiatrist, case management, individual, group, and family therapy, socialization and recreation activities within a structured and therapeutic milieu.

Fees: Vary according to income, Medi-Cal, Medicare, private insurance accepted

Eligibility: Age 60 or over, with a psychiatric diagnosis

Area Served: San Francisco County, primarily Park Merced, Ingleside, Parkside, Sunset, Richmond Districts

Application: Apply by phone. Appointment necessary

Languages: Chinese (Cantonese, Mandarin), Russian

Accessibility: Fully accessible

Transportation: Not necessary for service, home evaluation offered, transportation provided to day treatment

Funding: City, county, federal, state

DEPARTMENT OF PUBLIC HEALTH
Division of Mental Health
Mission Integrated Service Center
111 Potrero (15th Street)
San Francisco, CA 94103

Phone(s):
(415) 554-9980

Days & Hours:
Mon., Tues., Thurs., Fri., 9-12,1-3 and Wed., 9-12 (Patient drop-in hours)

Mon. - Fri., 9-12, 1-4:30, except Wed., 9-12 (Business hours)

Person in Charge:
Manuel Vasquez, Director

Services:
Provides assistance during crisis and emergencies of a psychological nature to Latinos, gays, lesbians and bi-sexual. Services include crisis intervention, short-term psychotherapy, medication if appropriate, information and referral and home visiting when needed. Staff are sensitive to the needs of Spanish speaking persons, lesbians, gays, bi-sexuals and transgender individuals.

Fees: Vary according to income, Medi-Cal, private insurance accepted

Eligibility: San Francisco resident, age 18-60, not under the influence of drugs or alcohol

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Russian, Spanish, French

Accessibility: One small step

Transportation: MUNI - 9 San Bruno, 22 Fillmore, 33 Stanyan

Funding: City, county, state, fees

DEPARTMENT OF PUBLIC HEALTH
Division of Mental Health
Southeast - Mission Geriatric Services
3905 Mission Street (Silver)
San Francisco, CA 94112

Phone(s):
(415) 337-4722

Days & Hours:
Mon.-Fri., 8:30-5 (Outpatient)
Mon., Tues., Wed., Thurs.,
9:30 - 1:30 (Day Treatment)

Person in Charge:
Mary Emma Dean, Director

Services:
Provides emergency home visits to seniors, age 60 or over, for psychiatric assessment, crisis intervention, information and referral, evaluation for possible hospitalization and or half-way house admission or initiation of conservatorship. Outpatient Services provide assessment, individual therapy, home visits, outreach, information and referral, medication if appropriate, and consultation to family and agencies. The Day Treatment Services provide individual therapy, family and group therapy, resocialization activities, psychodrama, art therapy and transportation services for clients attending program.

Fees:	Vary according to income, Medi-Cal, Medicare, private insurance accepted
Eligibility:	Age 60 or over
Area Served:	San Francisco County, primarily Mission, southeast districts
Application:	Walk in or apply by phone
Languages:	Filipino (Tagalog), German, Japanese, Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 14 Mission, 67 Bernal Heights, 49 Van Ness, 23 Monterey
Funding:	City, county, Medicare/Medi-Cal

DEPARTMENT OF PUBLIC HEALTH
Geriatric Focused Primary Care Clinic
Ocean-Park Health Center
(Formerly District Health Center #5)
1351 - 24th Avenue (Irving)
San Francisco, CA 94122

Phone(s):
(415) 753-8100 Appointments
(415) 753-8155 Information

Days & Hours:
Wednesday mornings

Person in Charge:
Mary Kay McKown, NP

Services:
Health care for acute and chronic illness, physical exams, health education to optimize physical functioning and minimize physical disability. Expedited referrals to home care and long-term case management services.

Fees: Medicare, Medi-Cal, Sliding Fee Scale

Eligibility: 60 years old, receiving or willing to receive health care through DPH; must be San Francisco resident to be eligible for sliding fee scale

Area Served: San Francisco

Application: Apply by phone

Languages: Spanish; translator available for Cantonese, Mandarin and Russian

Accessibility: Wheelchair

Transportation: MUNI - 16X Noriega, 28 Nineteenth Avenue, 29 Sunset, 71 Noriega; Muni Metro - N Judah

Funding: City and County support

DEPARTMENT OF PUBLIC HEALTH
Health at Home
Home Health Agency
1351 - 24th Avenue (Irving)
San Francisco, CA 94122

Phone(s):
(415) 753-8116 Information & Referrals
(415) 753-8174 Fax

Days & Hours:
Mon.-Fri., 8-5 (Office)
Nurses available 24 hours daily

Person in Charge:
Mary McCutcheon, Director of Client Care Services
Mary Kay McKown, Associate Director of Client Care Services

Services:
Nurses, Social Workers, Physical and Occupational Therapists, and Home Health Aides make home visits to provide acute care, rehabilitative services, education and support to patients, families and caregivers. A nurse practitioner, doctor, and health educator attend regular interdisciplinary team meetings to provide consultation as needed. The ElderCare Program provides long term, comprehensive geriatric case management and is a special benefit available to clients of the Home Health Agency after skilled nursing care is no longer needed.

Fees:	Medicare, Medi-Cal, Private Insurance
Eligibility:	Physician's approval for service
Area Served:	San Francisco
Application:	Apply by phone or fax. Requests for care can be made by anyone but service requires physician approval
Languages:	Cantonese, Mandarin, Spanish
Accessibility:	Not necessary for service
Transportation:	Not necessary
Funding:	Medicare, Medi-Cal, City and County of San Francisco

DEPARTMENT OF PUBLIC HEALTH
LAGUNA HONDA HOSPITAL AND REHABILITATION CENTER
375 Laguna Honda Blvd. (7th Avenue)
San Francisco, CA 94116-1499

Phone(s):
(415) 664-1580 General Information
(415) 664-1324 Admissions

Days & Hours:
24 hours daily (Gen. Info)
Mon. - Fri., 8:30-5 (Office)

Person in Charge:
Anthony G. Wagner, Executive Director
Esther Armstrong, Admissions Coordinator

Services:
A skilled nursing care facility with a small general service acute medical unit specializing in geriatric care and an independent rehabilitation center. Provides inpatient services, and within the Rehabilitation Department both inpatient and out-patient services. In-home evaluations are given for rehabilitation patients to determine what in-home care equipment is needed. A hospice and AIDS unit provides specialty care for the terminally ill. Also has a respite care program for persons who live at home but who are at skilled nursing care level. The length of stay may be up to eight weeks per year so caregivers may take a break or vacation. Additional programs include an Adult Day Health Center and a senior nutrition program described separately.

Fees: Room and board $250 per day. Medi-Cal, Medicare, private insurance accepted

Eligibility: San Francisco resident, age 16 or over

Area Served: San Francisco County

Application: Phone admitting for admissions packet. Physician referral required

Languages: Interpreter (by arrangement)

Accessibility: Ramp, wheelchair accessible/restroom

Transportation: MUNI - 89 Laguna Honda Shuttle, 36 Teresita, 43 Masonic, 44 O'Shaughnessy, 52 Excelsior, 48 Quintara St.; Metro K, L, M

Funding: City, county, state, federal, donations

DEPARTMENT OF PUBLIC HEALTH
LAGUNA HONDA HOSPITAL AND REHABILITATION CENTER
Adult Day Health Center (ADHC)
375 Laguna Honda Blvd. (Woodside)
San Francisco, CA 94116

Phone(s):
(415) 759-3360

Days & Hours:
Mon. - Fri., 8-4:30

Person in Charge:
Linda Franco, Director

Services:
A multidisciplinary Adult Day Health Center which provides comprehensive services to frail elderly enabling them to remain at home as long as possible. Services include van transportation to and from the center, rehabilitation services, social services, nursing and personal care services, recreational and social activities and a hot noon meal.

Fees:	Vary according to income. Medi-Cal accepted
Eligibility:	San Francisco resident, frail elderly or disabled adult
Area Served:	San Francisco County, primarily Sunset, Stonestown, Park Merced and Outer Richmond Districts
Application:	Apply by phone
Languages:	Chinese (Cantonese, Mandarin), Filipino (Tagalog), Spanish, Russian
Accessibility:	Wheelchair accessible
Transportation:	Van service arranged (Drivers cannot carry people down stairs)
Funding:	City, county, donations, fees, Medi-Cal

DEPARTMENT OF PUBLIC HEALTH
Maxine Hall Health Center
(formerly District Health Center No. 2)
1301 Pierce Street (Ellis)
San Francisco, CA 94115

Phone(s):

(415) 292-1300 Information
(415) 292-1381 Health Education
(415) 292-1300 Nursing
(415) 292-1330 Public Health Nurse
(415) 292-1320 Health Inspections
(415) 563-8200 Methadone
(415) 621-4858 HIV Testing

Days & Hours:

Mon., Wed., Fri., 8-5
Tues.-Thurs., 8-8 pm

Person in Charge:

Charla Ekstrand, MS, MPA, Center Director
Doriane Miller, Medical Director

Services:

Provide primary care for all ages. Clinic services include primary care clinic, walk in clinic, prenatal clinic and a women's clinic. Also provides HIV screening, counseling, TB testing, hypertension screening, immunizations and annual physicals. Offers health education, CPR classes, nutrition counseling and Public Health Nursing. Participate in the Women, Infants and Children's (WIC) food program. Environmental Health Inspectors investigate complaints of unhealthy and unsanitary conditions such as improperly handled food, garbage, unsafe housing, toxic spills and rodent control.

Fees: Vary according to income. Medi-Cal accepted

Eligibility: San Francisco resident

Area Served: San Francisco County

Application: Walk in or apply by phone, Drop-in clinics available

Languages: Spanish, Tagalog

Accessibility: Wheelchair accessible

Transportation: MUNI - 31 Balboa, 38 Geary, 22 Fillmore, 24 Divisadero

Funding: City, county, state, federal

DEPARTMENT OF PUBLIC HEALTH
Ocean Park Health Center
(Formerly District Health Center #5)
1351 - 24th Avenue (Irving)
San Francisco, CA 94122

Phone(s):
(415) 753-8100
(415) 753-8117 Environmental Health
(415) 753-8116 Home Health Agency

Days & Hours:
Mon. - Fri., 8-5

Person in Charge:
Kathryn Eng, District Health Center Administrator
Terry Wong, Director, Mental Health Services
Lisa Johnson, MD, Medical Director

Services:
Provides primary health care for acute and chronic medical problems of children, adults and geriatric patients. Clinic services include Child Health Disability Prevention (CHDP) exams, immunizations, dental services for children age 4-18, pregnancy testing, IV services, family planning and a geriatric focused clinic. Also offers hypertension and tuberculosis screening. Participates in the WIC and supplemental food programs. Public health nurses make home visits and provide case management and health education in schools and at community sites. Health educators provide consultation and general information on health programs, technical assistance in planning health programs, grants, and workshops. Environmental Health Inspectors investigate complaints of unhealthy and unsanitary conditions such as improperly handled food, garbage, unsafe housing, toxic spills and rodent control. San Francisco Health at Home is the Home Health Agency of the Department of Public Health. Nurses, Social Workers, Physical and Occupational therapists make home visits and home health aides to provide acute care and rehab services. The ElderCare Case Management Program is available to provide long-term comprehensive case management to clients of Department of Public Health clinics throughout the city. Russian support groups are conducted by mental health staff and Parent-Infant support groups for immigrant and refugees clients are led by Public Health Nurses.

Fees: Vary according to income. Medicare, Medi-Cal and private insurance

Eligibility: San Francisco resident

Area Served: San Francisco County, primarily Sunset, Richmond, Sea Cliff, Parkside, Oceanview, Merced Heights, Ingleside districts

Department of Public Health - Ocean Park Health Center

Application:	Apply by phone. Appointment necessary for clinics
Languages:	Chinese (Cantonese/Mandarin), Spanish, Russian (translations available on Wednesday and Thursday mornings)
Accessibility:	Wheelchair access to clinic
Transportation:	MUNI - 71 Noriega, 16X Noriega, 28 Nineteenth Avenue, 29 Sunset, MUNI Metro - N Judah
Funding:	City, county, state, federal

DEPARTMENT OF PUBLIC HEALTH
Paramedic Division
2789 - 25th Street, Room 200
San Francisco, CA 94110

Phone(s):
911 Emergencies
(415) 206-7800 Paramedic Division Administration

Days & Hours:
24 hours daily-(Emergency Services)
Daily: 8-5 (Office)

Person in Charge:
Ehrhardt Groothoff, Chief, Paramedic Division

Services:
A paramedic and ambulance are on call 24 hours daily to respond to medical emergencies and provide transportation of victims to nearest appropriate medical facility.

Fees:	Vary according to income, Medicare, Medi-Cal, private insurance
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Languages:	Chinese (Mandarin), Japanese, Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 33 Ashbury, 9 San Bruno, 48 Quintara
Funding:	City, county

DEPARTMENT OF PUBLIC HEALTH
Public Conservator
1380 Howard Street, 2nd Floor
San Francisco, CA 94103

Phone(s):
(415) 255-3680

Days & Hours:
Mon.-Fri., 8:30-5

Person in Charge:
John Lee, Director

Services:
Provides conservatorship investigation and conservatorship services for San Francisco residents deemed gravely disabled.

Fees:	None
Eligibility:	San Francisco resident, court referral
Area Served:	San Francisco County
Application:	Court referral necessary
Languages:	Arabic, Chinese, Ethiopian, Filipino (Tagalog), French, Italian, Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 19 Polk, 42 Downtown Loop, 26 Valencia, 9 San Bruno, 14 Mission, 12 Folsom
Funding:	County, state

DEPARTMENT OF PUBLIC HEALTH
San Francisco General Hospital Medical Center
1001 Potrero Avenue
San Francisco, CA 94110

Phone(s):

(415) 206-8000 General Information
(415) 206-5166 Patient Referral & Assist.
(415) 206-8111 Emergency
(415) 206-8558 Eligibility
(415) 206-8104 Oral Surgery Clinic
(415) 206-5252 Family Health Center
(415) 206-3400 Women's Health Center
(415) 206-8492 Adult Medical Center
(415) 206-4357 Billing & Eligibility
(415) 206-4450 Appointments TDD

Days & Hours:

Mon. - Fri., 8-5 (Clinic)
24 hours daily (Emergency)

Person in Charge:

Richard D. Cordova, Executive Administrator

Services:

A county hospital providing inpatient acute care, primary and specialty outpatient clinic services, 24-hour emergency service, dental services, family planning, psychiatric emergency services, and diagnostic ancillary services. Specialized programs described separately.

Fees:	S.F. residents are screened for eligibility for sliding fee scale programs. Medi-Cal, Medicare and private insurance accepted
Eligibility:	All San Francisco resident are seen regardless of ability to pay
Area Served:	San Francisco County
Application:	Clinic visits by appt. Emergency services available 24 hours daily
Languages:	Cambodian, Laotian, Vietnamese, Cantonese, Mandarin, Toyshanese, Spanish, Thai, French, Tagalog and Russian. Others by arrangement through interpreter services (206-5133)
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 47 Van Ness, 9 San Bruno, 33 Stanyan, 48 Quintara
Funding:	City, county, federal

DEPARTMENT OF PUBLIC HEALTH
Silver Avenue Family Health Center
(Formerly District Health Center #3)
1525 Silver Avenue (San Bruno Avenue)
San Francisco, CA 94134

Phone(s):
(415) 715-0300 Information
(415) 715-0319 Health Education
(415) 715-0330 Dental
(415) 715-0322 Nursing
(415) 715-0335 Health Inspections
(415) 715-0310 Appointments

Days & Hours:
Mon.-Fri., 8-5
Some clinics open till 7:30pm
(By appt.)

Person in Charge:
Michael Pile, Center Director
Marie Palazuelos, MD, Medical Director

Services:
Provides comprehensive health screening examinations for all ages. Clinic services include well baby, children's clinic, Child Health Disability Prevention (CHDP), immunizations, school physicals, a teen clinic, a women's clinic with family planning services (including IUD's, Norplant), pregnancy testing, prenatal care with delivery at San Francisco General. The center offers breast examination, pap smears, mammograms free to eligible women. Also provides hypertension and tuberculosis screening and dental services for age 4-1/2 thru 17. PH nurses make home visits. Health education component provides CPR classes and senior health education. Environmental Health Inspectors investigate complaints of unhealthy and unsanitary conditions such as improperly handled food, garbage, unsafe housing, toxic spill and rodent control.

Fees: Sliding scale, vary according to income for family planning, Medi-Cal, private insurance accepted

Eligibility: San Francisco resident

Area Served: San Francisco County, primarily Bayview, Bernal Heights, Crocker Amazon, Excelsior, Hunters Point, Potrero Hill, Silver Terrace, Visitacion Valley districts

Application: Walk in or apply by phone. Appointment necessary for clinics

Languages: Chinese (Cantonese), Filipino (Tagalog), Spanish

Department of Public Health - Silver Avenue Family Health Center

Accessibility:	Wheelchair accessible
Transportation:	MUNI - 9 San Bruno, 9 Express, 44 O'Shaughnessy
Funding:	City, county, state, federal

DISTRICT ATTORNEY'S
Consumer Fraud and Environmental Protection Unit
732 Brannan Street (6th Street)
San Francisco, CA 94103

Phone(s):
(415) 553-1814

Days & Hours:
Mon.-Fri., 10-12, 1-3
Answering service after 3 pm

Person in Charge:
Laurel Pallock, Director, Mediation Services

Services:
Accepts, investigates, and mediates consumer complaints against San Francisco businesses. Provides complaint mediation, legal referral, civil litigation, and criminal prosecution for consumers. Accepts consumer complaints about auto repair, new and used warranties, home repair contracting, false advertising, etc. Provides speakers on preventative consumerism. Provides litigation for hazardous waste cases.

Fees: None

Eligibility: Complaint must be against a San Francisco business or must be a transaction that has occurred in San Francisco

Area Served: San Francisco

Application: Walk in or apply by phone

Languages: Spanish, Chinese (Cantonese, Mandarin), Filipino (Tagalog) by arrangement

Accessibility: Wheelchair accessible

Transportation: MUNI - 9 San Bruno, 42 Downtown Loop, 30 Express, 27 Bryant

Funding: City, county

MAYOR'S ASSISTANCE AND NEIGHBORHOOD OUTREACH (MANO)

401Van Ness Avenue, Room 416
San Francisco, CA 94102

Phone(s):
(415) 554-7111

Days & Hours:
Mon.-Fri., 8:30-5

Person in Charge:
Bevan Dufty, Director

Services:
Provides information about official city decisions and gives referrals to city government programs and services. Help citizens to understand city services and to avoid 'red tape'.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Walk in, apply by phone or mail
Languages:	Spanish
Accessibility:	Wheelchair accessible/restroom/ramp
Transportation:	MUNI - Metro (Civic Center Station), F Market, 5 Fulton, 47 Van Ness, 19 Polk, 21 Hayes, 42 Downtown Loop
Funding:	City, county

MAYOR'S OFFICE OF HOUSING
25 Van Ness Avenue, Suite 700
San Francisco, CA 94102

Phone(s):
(415) 252-3177
(415) 252-3140 Fax

Days & Hours:
Mon.-Fri., 8-5

Person in Charge:
Ted Dienstfrey, Director
Joe La Torre, Deputy Director

Services:
Provides low-interest loans to low-income owner occupants in targeted neighborhoods to repair housing code deficiencies or to make accessibility modifications for disabled persons. Also provides Rehabilitation Matching Funds Loans for rental properties in targeted low-income areas to correct housing code violations, to conform to Section 8 housing standards, to improve handicapped access or energy efficiency. Offers below market interest rate loans for low-to-moderate-income first-time homebuyers.

Fees: Vary according to program

Eligibility: San Francisco resident, low or moderate income in targeted neighborhoods for rehabilitation (Bayview Hunters Point, Bernal Heights, Chinatown/North Beach, Hayes Valley, Inner Mission, North of Market, Ocean View, Merced Heights, Ingleside, Potrero Hill, South of Market, Visitacion Valley, Western Addition). Seniors or physically disabled city-wide

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese, Mandarin), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - Van Ness and Market Street Lines, MUNI Metro - Van Ness Station, BART - Civic Center Station

Funding: City, county, federal, state

POLICE DEPARTMENT
Senior Escort Program
Main Office and Capp Street Office:
1101 Capp Street
San Francisco, CA 94110

Chinatown Office:
799 Pacific Avenue
San Francisco, CA 94133

Phone(s):
(415) 695-5170 Main/Capp St.
(415) 391-5686 Chinatown

Days & Hours:
Mon. - Fri., 8-4:30

Person in Charge:
Rochelle Frazier, Executive Director
Louella Leon, Site Supervisor

Services:
Crime prevention program providing the following services to seniors 60 years and older in San Francisco County. Walking patrols in the Mission, Chinatown, North and South of Market, Bayview-Hunters Point, and Western Addition. Protective escorts and group shopping. Crime preventions meeting and literature distribution.

Fees:	None
Eligibility:	San Francisco residents 60 years and older
Area Served:	San Francisco County
Application:	Apply by telephone
Languages:	Chinese (Cantonese, Mandarin), and Spanish
Accessibility:	None
Transportation:	MUNI - 14 Mission, 30 Stockton, 45 Union-Stockton, BART - 24th Street Station
Funding:	City

PUBLIC ADMINISTRATOR/GUARDIAN
25 Van Ness Avenue (Market)
San Francisco, CA 94102

Phone(s):
(415) 554-1150

Days & Hours:
Mon. - Fri., 8-12, 1-5

Person in Charge:
Ricardo Hernandez, Public Administrator/Public Guardian
Michele McCabe, Assistant Administrator/Public Guardian

Services:
As Public Guardian, protects persons who are conserved and manages their assets. Conserved persons are those who are legally declared unable to manage their own personal and financial affairs. As Public Administrator, manages the property of deceased persons when no executor is named and no family contact.

Fees: Established by the Superior Court

Eligibility: Geriatric adults legally declared unable to manage their own personal affairs. Must be referred by professionals and be court appointed

Area Served: San Francisco County

Application: Order referral packet by phone

Languages: Chinese, Filipino (Tagalog), Spanish, Russian

Accessibility: N/A

Transportation: Not necessary for service

Funding: City, county

PUBLIC ADMINISTRATOR/GUARDIAN -- REP PAYEE PROGRAM

(formerly known as FRAIL)
24 Oak Street
San Francisco, CA 94102

Phone(s):
(415) 554-1175

Days & Hours:
Mon. - Fri., 8-5

Person in Charge:
Ruth Picon, Director

Services:
Provides money management for seniors who are living on retirement income. Clients must be receiving case management from a social service agency that is willing to work cooperatively with the Rep Payee Program.

Fees:	None
Eligibility:	San Francisco resident age 60 or over, retirement and/or SSI income only and $2000 limit in assets. Client must have a case manager to remain in program
Area Served:	San Francisco County
Application:	Referrals must be made by a social service agency who is case manager for the senior
Languages:	Spanish
Accessibility:	Not necessary for service
Transportation:	Not necessary for service
Funding:	City/County

PUBLIC LIBRARY
Library for the Blind and Print Handicapped
The New Main Library
100 Larkin Street
San Francisco, CA 94102

Phone(s):
(415) 557-4253

Days & Hours:
Mon., Thurs., 1-6 pm
Tues., Wed., 10-6 pm
Fri., 12-5pm
Sat. & Sun. (Closed)

Person in Charge:
Martin Magid, Librarian

Services:
A public library with special services for visually impaired persons. Services include talking books, audiocassette news magazines, video magnifier, brailling machine and other special materials and programs for the blind and visually impaired. Books and equipment can be mailed to and from the library free of charge to qualified persons. Persons with AIDS, multiple sclerosis and physically disabling conditions are also eligible for service.

Fees: None

Eligibility: San Francisco County resident, blind or print handicapped

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Japanese, Spanish

Accessibility: Ramp, wheelchair accessible/restroom

Transportation: MUNI - 19 Polk, 5 Fulton, 7 Haight, 21 Hayes, F Market. Muni Metro/BART: Civic Center Station

Funding: City, county, federal

PUBLIC LIBRARY
Library on Wheels - Bookmobile
The New Main Library
San Francisco, CA 94102

Phone(s):
(415) 557-4345

Days & Hours:
Mon.-Thurs., 9:30-5

Person in Charge:
Robert Harrison, Technicians in Charge

Services:
A traveling branch library that carries the library to older adult communities, senior housing projects, hotels, residential care homes, and senior centers. Offers free delivery of library materials, books including large print books and magazines (English, Chinese and Spanish), audiotapes and community resource information. Library cards provided.

Fees:	None
Eligibility:	San Francisco resident, age 60 or over
Area Served:	San Francisco County
Application:	Apply by phone for application or to obtain schedule
Languages:	Some Spanish
Accessibility:	Wheelchair accessible
Transportation:	Not necessary for service
Funding:	City, county, vehicle purchased by Friends of the Library

RECREATION AND PARK DEPARTMENT
501 Stanyan Street
San Francisco, CA 94117

Phone(s):
(415) 666-7200 General Information
(415) 666-7205 Senior Activities

Days & Hours:
Mon.-Fri., 8-5 (Office)
Mon.-Fri., 1:30-5:30 pm (Senior Activities)

Person in Charge:
Joel Robinson, General Manager

Services:
The City-Wide Senior Citizen Program of the San Francisco Recreation and Park Department offers a wide variety of recreational and social activities to senior citizens, age 55 and older, at locations throughout the City of San Francisco. The Department operates 2 multi-purpose senior centers (Golden Gate Park Senior Center, 6101 Fulton Street @ 37th Avenue, and Rosa Parks Senior Center, 1111 Buchanan Street @ Golden Gate Avenue), as well as approximately 30 senior clubs and senior aquatics programs operating at recreation centers, playgrounds and pool sites located throughout the City of San Francisco. The Department, furthermore, offers 8 special events including outings, dances, Hobbies & Collectibles Show and 2 five day camping trips to Camp Mather, near Yosemite National Park.

Fees: Vary according to service, some activities are free

Eligibility: None for most services, San Francisco resident for some; 55 years of age or older

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Vary according to site

Accessibility: Varies

Transportation: Call MUNI information for particular location (673-6864/MUNI)

Funding: City, county, donations, grants

RESIDENTIAL RENT STABILIZATION AND ARBITRATION BOARD
25 Van Ness Avenue, Suite 320 (Market)
San Francisco, CA 94102-6033

Phone(s):
(415) 252-4600
(415) 252-4699 Fax
Internet: http://www.ci.sf.ca.us/rentbd/

Days & Hours:
Mon.-Fri., 8-5

Person in Charge:
Joe Grubb, Executive Director

Services:
Provides information to landlords and tenants on allowable rent increases, lawful eviction and the City's rent stabilization law. Arbitrates conflicts related to rent and eviction. Information Line available (24 hours) call 252-4648.

Fees:	None, except for estimator fees for capital improvement petitions
Eligibility:	San Francisco tenant or landlord of San Francisco residential rental unit. Subsidized housing units and buildings built after June 1979 are exempt
Area Served:	San Francisco
Application:	Walk in or apply by mail
Languages:	Chinese (Cantonese, Mandarin), Spanish, Tagalog
Accessibility:	Wheelchair accessible restroom/ramp
Transportation:	MUNI - Market Street lines, 21 Hayes, Van Ness lines
Funding:	City

1997 Resource Guide

Agency Profiles

ALCOHOLICS ANONYMOUS (AA)
1540 Market Street, #150
San Francisco, CA 94102

Phone(s):
(415) 621-1326 (24 hours)
(415) 554-8811 Spanish

Days & Hours:
Mon. - Fri., 8:30-5:30 (Office)

Person in Charge:
Bruce Kennedy, Manager

Services:
Offers a mutual help program for persons whose lives have been affected by alcohol. Men and women alcoholics share their experiences in meetings at locations throughout the area served. The only requirement for membership is a desire to stop drinking. Call to find out the locations and meeting times. Offers a speakers' bureau.

Fees: None

Eligibility: Desire to stop drinking alcohol

Area Served: Marin, San Francisco and San Mateo Counties

Application: Walk in or phone

Languages: Spanish, others (by arrangement)

Accessibility: Varies according to meeting location

Transportation: Varies according to meeting location

Funding: Voluntary, member-only contributions

ALL HALLOWS COMMUNITY
1711 Oakdale Avenue (Newhall)
San Francisco, CA 94124

Phone(s):
(415) 550-1637
(415) 550-0306 Fax

Days & Hours:
Mon. - Fri., 9-4:30

Person in Charge:
Sister Grace Grima, Director

Services:
Provides low-cost housing for senior or disabled persons. A hot meal is served daily, Monday - Friday at lunch time. Also offers recreational activities; case management.

Fees:	Vary according to income
Eligibility:	Physically disabled or seniors age 62 or over
Area Served:	San Francisco County
Application:	Apply by phone
Languages:	French, Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 15 Third, 23 Monterey, 24 Divisadero, 44 O'Shaughnessy
Funding:	Federal (HUD), fees

ALUMNAE RESOURCES
120 Montgomery, Suite 600
San Francisco, CA 94104

Phone(s):
(415) 274-4700 Client Services
(415) 274-4747 Taped information

Days & Hours:
Mon. - Thur., 9-7pm
Fri., 9-4
Sat., 10-2

Person in Charge:
Linda de Mello, President

Services:
Offers career development services to college educated women and men. Provides individual career counseling, job search and career development workshops, self-assessment and career support groups. Membership benefits include a career library, job clubs, and Career Advisor Network. A free orientation is held every Tuesday and Friday, 12 - 1 pm and the first and third Monday of each month, 6 - 7 pm.

Fees: Annual membership - $85. Workshops - $20 - $290. Career counseling - $55 - $70 per session

Eligibility: No requirements

Area Served: Bay Area Region

Application: Walk in, attend orientation program, or phone for more information

Languages: French, Spanish, German, Italian

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines, BART - Montgomery Street Station

Funding: Fees, membership fees, donations

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)
601 E Street, N.W.
Washington, D.C. 20049

Phone(s):
(202) 434-2277 National Office
(800) 424-3410 Membership Inquiries
(800) 456-2277 Medication Program
(916) 446-AARP State of California Office

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Depends on the particular level of the organization

Services:
AARP is a non-profit, non-partisan organization dedicated to helping Older Americans achieve lives of independence, dignity and purpose. Members enjoy a multitude of services and a strong advocate voice.

For a listing of local San Francisco chapters, call Senior Information and Referral at (415) 626-1033.

Fees:	$8/yr, $20/3yrs; $45/10yrs (all fees cover couples)
Eligibility:	50 years or over
Area Served:	National
Application:	Call Membership
Languages:	Varies - depending on location
Accessibility:	Wheelchair accessible
Transportation:	Varies - depending on location
Funding:	Membership dues, sales group royalities, publications

AMERICAN CANCER SOCIETY
San Francisco Unit
235 Montgomery, Suite 320
San Francisco, CA 94104

Phone(s):
(415) 394-7100
(800) 227-2345

Days & Hours:
Mon. - Fri., 9-5
Wed., 9-7

Person in Charge:
Emily H. Warden, Director

Services:
Supports cancer research and provides services for cancer patients and their families. Offers short term counseling, information and guidance, sickroom equipment or assistive medical devices on loan. Transportation to and from medical treatment for ambulatory patients is provided by volunteer drivers or taxi. Volunteer rehabilitation self-help programs "Reach to Recovery - Breast Cancer," and United Ostomy Association - Ostomates and Laryngectomy are run by former patients. 'I Can Cope' is a patient education program. A volunteer cosmetology program helps women undergoing radiation or chemotherapy with make-up. Co-sponsors a breast cancer support group. Offers low-cost smoking cessation groups. Educational films, literature and speakers are available on request.

Fees: None for educational services

Eligibility: Diagnosis of cancer, must meet financial requirements for some services

Area Served: San Francisco County

Application: Apply by phone

Languages: None

Accessibility: Elevator

Transportation: MUNI - Market Street lines. BART - Montgomery Street Station

Funding: Grants, donations, United Way

AMERICAN CIVIL LIBERTIES UNION (ACLU)
1663 Mission Street, 4th Floor (South Van Ness)
San Francisco, CA 94103

Phone(s):
(415) 621-2488

Days & Hours:
Mon. - Fri., 9-5 (Office)
Mon. - Fri., 10-3
(Complaint counselors)

Person in Charge:
Dorothy Ehrlich, Executive Director

Services:
A public interest organization devoted to protecting basic civil liberties. Cases are selected that will have the widest impact on the greatest number of people, and that have the potential to establish new or broad precedents (e.g., cases involving freedom of expression, the right to privacy, due process and equal protection of the law, etc.) Cases not selected are provided referrals to other services, if possible. Does not operate as a general provider of legal services. Literature is available on constitutional litigation and the legal rights of various groups.

Fees:	Annual membership dues for members only
Eligibility:	No requirements
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara, Sonoma Counties and Northern California
Application:	Apply by phone or mail
Languages:	Filipino (Tagalog), Spanish
Accessibility:	Wheelchair accessible elevator
Transportation:	MUNI - Mission Street, Van Ness Lines. BART - Civic Center, 16th Street Stations
Funding:	Membership dues, donations, grants

AMERICAN DIABETES ASSOCIATION
San Francisco Chapter
631 Howard Street, #520
San Francisco, CA 94105

Phone(s):
(415) 777-4499

Days & Hours:
Mon. - Fri., 8:30-5

Person in Charge:
Jarvis P. Green, Regional Director

Services:
Provides educational information about diabetes to patients, the community and health care professionals. Provides diet information. Sponsors support groups and conducts educational meetings throughout San Francisco. Supports and promotes research to find a cure for diabetes. Publishes "Forecast Magazine" which is distributed to members. Spanish literature is available. Limited written materials available in Chinese.

Fees: None for educational services. Annual membership - $24, includes subscription to Forecast magazine

Eligibility: No requirements

Area Served: San Francisco, Marin and East Bay, North Coast Counties

Application: Apply by phone or mail

Languages: None

Accessibility: Wheelchair accessible/restroom, elevator

Transportation: MUNI - 15 Third, 30 Stockton, 9X San Bruno Express, 42 Downtown Loop, 38 Geary, Market Street lines. BART - Montgomery Station

Funding: Memberships, donations and grants

AMERICAN HEART ASSOCIATION
San Francisco Division
120 Montgomery, Suite 1650
San Francisco, CA 94104

Phone(s):
(415) 433-2273

Days & Hours:
Mon.- Fri., 8:30-5

Person in Charge:
Joel Preston, Senior Vice President, Region 3
Paula Gogin Navarro, Deputy Executive Director
Donna R. Lew, Healthcare Site Director

Services:
Provides educational materials about heart disease and stroke prevention, treatment and rehabilitation including limited materials in Chinese, Tagalog and Spanish. Offers diet consultation, educational seminars, a film library and information and referral. Offers special health promotion programs: Heart At Work for employees at the worksite, Heart Power - a program for schools, Chinese Community Cardiac Council, Heart in the Black Community, El Corazon de la Comunidad, and Filipino Community Heart Council. Provides referrals for heart saver cardiopulmonary resuscitation (CPR) and maintains a speakers' bureau. Sponsors a stroke club for stroke survivors and their families. Sponsors an annual symposium for physicians and nurses.

Fees:	Vary according to service
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Apply by phone
Languages:	Spanish, Cantonese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - all Metro Lines, 2 Clement, 3 Jackson, 4 Sutter, 30 Stockton, 45 Union. BART - Montgomery Street Station.
Funding:	Donations from individuals and corporations.

AMERICAN LUNG ASSOCIATION
OF SAN FRANCISCO & SAN MATEO COUNTIES
2171 Junipero Serra, Suite 720
Daly City, CA 94014-1999

Phone(s):
(415) 994-5864
(800) LUNG-USA

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Linda Civitello-Joy, Executive Director

Services:
Provides educational services and consultation to individuals, agencies, and organizations. Programs include prevention/control of lung disease, especially emphysema, chronic bronchitis, asthma, TB; smoking prevention/education/cessation for the general public, teens, pregnant women, employees; programs in and materials on occupational and environmental respiratory health hazards in the home and worksite; improvement of community health and welfare and clean air; support for medical research projects. Direct services include the Better Breathers Course and the Better Breathing Club for people and their families suffering from chronic respiratory illness and Camp SUPERSTUFF in San Francisco and Camp Wheez in San Mateo, annual summer day camps for children 6 -12 who suffer from asthma.

Fees: Vary according to service. Single copies of literature free

Eligibility: San Francisco and San Mateo residents

Area Served: San Francisco and San Mateo Counties

Application: Apply by phone or mail

Languages: Spanish

Accessibility: Wheelchair accessible

Transportation: BART to Daly City station, then walk 4 blocks

Funding: Donations, fundraising

AMERICAN RED CROSS - BAY AREA
85 - 2nd Street
San Francisco, CA 94105

Phone(s):
(415) 427-8000

Days & Hours:
Mon. - Fri., 8:30-5
Emergencies, 24 hours daily

Person in Charge:
Roger Dickson, Chief Executive Officer

Services:
Provides free and immediate emergency assistance (food, clothing, shelter) to victims of disasters (flood, fire, earthquakes, etc.). Victims may be eligible for other basic needs assistance through Red Cross or by Red Cross referral to other agencies. Provides information about the safety of people in disaster affected areas, provides community education and earthquake preparedness courses. Provides training to disaster relief workers. Maintains a speakers' bureau and a resource library for disaster planners. Counseling and crisis intervention is provided to military families. World-wide 24-hour communication system helps verify and report emergency situations affecting military personnel and their families and helps to re-establish and maintain relationships. Financial assistance is available to assist military families and eligible veterans with basic needs. International tracing and social services available to the general public regarding location, health and welfare of foreign national relatives living abroad and family reunification. Provides health services during disasters, and health stations at community events. Extends community health resources through use of volunteers. AIDS education for teens and adults provided in English and Spanish. Safety services provide classes in first aid, CPR (cardio-pulmonary resuscitation), swimming and life saving, and small craft safety. Provides CPR, first-aid and disaster preparedness educational services to business and industry. Interpretation services are available upon request in 22 languages via a volunteer language bank. Provides information and referral. Youth Services division teaches health, safety and disaster awareness to youth in schools. Offers a leadership development program. Youth for Chinatown Elderly matches young recent immigrants with an elderly Chinatown resident in a friendly visiting program.

Fees: None for social services, course fees vary

Eligibility: Vary according to service requested

Area Served: Ten locations around the five county Bay Area

Application: Walk in. Phone for an appointment or referral

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), others (by arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - All Market Street and Mission Street Lines are accessible; BART/MUNI Metro: Montgomery Station

Funding: United Way, donations, grants, special events

AMERICAN SOCIETY ON AGING (ASA)
833 Market Street, Suite 511
San Francisco, CA 94103-1824

Phone(s):
(415) 974-9600

Days & Hours:
Mon. - Fri., 8:30-5

Person in Charge:
Gloria Cavanaugh, Executive Director
Jim Emerman, Associate Executive Director

Services:
A national non-profit organization of professionals in the field of gerontology. Produces two publications - "Generations" and the "Aging Today." The society holds 15 major professional educational events and conferences each year. The association's annual conference is held in various cities across the nation.

Fees: Memberships - $100 individual, $45 student, $250 organizations, $50 reduced rate

Eligibility: No requirements

Area Served: National

Application: Apply by phone or mail

Languages: None

Accessibility: Elevator

Transportation: MUNI - Market Street lines. BART - Powell Street Station

Funding: Donations, memberships, fees, subscriptions and grants

ARRIBA JUNTOS
2017 Mission Street, 2nd Floor (16th Street)
San Francisco, CA 94110-1285

Phone(s):
(415) 863-9307
(415) 863-9314 Fax

Days & Hours:
Mon. - Fri., 8:30-5

Person in Charge:
Georgiana Hernandez, Executive Director

Services:
Arriba Juntos helps families striving for self-sufficiency to improve the quality of their lives. We offer a variety of programs in employment, training, and education, for all ages and cultures. Arriba Juntos has direct job placement services, on-the-job training, occupational training (health careers and automated office skills), adult basic education, children's remedial education, and a youth mental health program. Arriba Juntos also serves as the Employment Development Department's (EDD) Mission District service center, with an EDD staff person at Arriba Juntos every day.

Fees: All services are free of charge, based on eligibility requirements. *(If you do not qualify for one of the training programs, a sliding-scale tuition is available.)*

Eligibility: Low income or economically disadvantaged

Area Served: Bay Area, with special emphasis on San Francisco and the Mission District

Application: Complete application at offices and attend a registration session

Languages: Spanish

Accessibility: Wheelchair accessible, elevator

Transportation: BART: 16th Street Station
MUNI: 14, 22, 26, 33, 49, 53

Funding: Community Mental Health Services, Private Industry Council of San Francisco, United Way Community Fund, various other local agencies, foundations, corporations and individuals

ARTHRITIS FOUNDATION
Northern California Chapter
203 Willow Street, Suite 201
San Francisco, CA 94109

Phone(s):
(415) 673-6882
(800) 464-6240

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Judy McAbee, President
Kathy Downs, Vice President of Programs

Services:
Supports research to find the cure for and prevention of arthritis and offers programs to improve the quality of life for people with arthritis: free literature, physician referral, self-help classes, exercise programs, education and support groups, public forums and speakers bureau. Special programs available for children with arthritis.

Fees:	Vary according to service, most services free or low cost
Eligibility:	No requirements for most services.
Area Served:	Alameda, Contra Costa, Del Norte, Humboldt, Marin, Mendocino, San Francisco, San Mateo, Santa Clara, Lake, Monterey, Napa, San Benito, Santa Cruz, Solano and Sonoma Counties
Application:	Walk in, phone or mail
Languages:	Spanish
Accessibility:	Elevator wheelchair accessible/restroom
Transportation:	MUNI - Van Ness lines, 31 Balboa, 38 Geary
Funding:	Donations, grants

ASIAN LAW CAUCUS
720 Market Street, Suite 500
San Francisco, CA 94102

Phone(s):
(415) 391-1655
(415) 391-0366 Fax

Days & Hours:
Mon.-Fri., 9-12, 1-5

Person in Charge:
Angelo Ancheta, Executive Director

Services:
Provides general legal assistance, counseling, and direct representation and community education. Services include cases involving employment/labor, immigration and naturalization, tenant and housing rights, public benefits, hate crimes, voting rights and other civil and civil rights issues. Community education is provided through pamphlets, workshops, presentations to schools, nutrition sites and other institutions and technical assistance to agencies and their staff. Clinic assistance is available on Tuesday nights for eligible clients.

Fees: Vary according to income and service. First consultation is free. Services free to clients over 60 years of age that reside in San Francisco

Eligibility: Must be a senior, from San Francisco, or low to moderate income person

Area Served: Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties

Application: Apply by phone (call for appointment)

Languages: Chinese (Cantonese, Mandarin, Toisan), Filipino (Tagalog, Cebuano), Vietnamese

Accessibility: Elevator, wheelchair accessible

Transportation: MUNI - 15 Third, 2 Clement, 3 Jackson, 4 Sutter, 30 Stockton. BART - Montgomery

Funding: Grants, donations, United Way, State Bar Trust Fund, city (Commission on the Aging and CDBG), Department of Justice

BAR ASSOCIATION OF SAN FRANCISCO
Lawyer Referral Service
Volunteer Legal Services Program (VLSP)
685 Market Street, Suite 700
San Francisco, CA 94105

Phone(s):
(415) 764-1616 Lawyer referral
(415) 764-1600 Bar Association

Days & Hours:
Mon. - Fri., 8:30-5:30

Person in Charge:
Carol Woods, Director, Lawyer Referral Service
Tanya Neiman, Director, Volunteer Legal Services Program

Services:
Provides referrals to experienced & insured attorneys for all types of legal problems through the Lawyer Referral Service (LRS). LRS staff will schedule a consultation with an appropriate attorney. Home visits and telephone consultations can be arranged. LRS also serves as a clearinghouse for other resources and can refer clients to appropriate social service and governmental agencies. Low-income clients are referred to attorneys who have agreed to substantially reduce their normal rates, or to the volunteer Legal Services Program, if eligible. Offers several special programs for low-income individuals through the Volunteer Legal Services Program (VLSP). VLSP staff interview clients by telephone and make referrals to individual volunteer attorneys through the No Fee Panel or to a clinic. Clinics include family and landlord/tenant issues. Handles civil law cases only (no fee generating, criminal or juvenile cases which the public defender can handle). Provides a free Legal Advice and Referral Clinic on the second Saturday of each month, from 10:30 - noon, giving general legal advice on many topics/cases. The clinic is open to the general public. The clinic location varies. Interested persons can call the Lawyer Referral Service at 764-1616 for more information. The Homeless Advocacy Project provides free legal clinics for people in immediate danger of becoming homeless. Clinics are held the second and fourth Thursday of each month at 1101 O'Farrell (at the intersection of Franklin and Starr King), from 1:30pm - 3pm. The Immigration Project assists HIV positive immigrants with all immigration issues as well as assisting immigrant children in foster care to obtain legal permanent residence.

Fees: First half hour consultation $25 for regular and low-fee attorneys, additional fees negotiable. Free services available to eligible low-income and indigent clients

Eligibility: None except for low-fee and no-fee referrals

Bar Association of San Francisco - Lawyer Referral Service

Area Served:	San Francisco County
Application:	Apply by phone (except special clinics available on a walk-in basis as described above)
Languages:	Chinese (Cantonese, Mandarin), Spanish, French, Italian
Accessibility:	Not applicable. Clients may request referral to an attorney whose office is wheelchair accessible
Transportation:	Not necessary for service
Funding:	Fees, attorney fees, grants

BAYVIEW HUNTER'S POINT MULTIPURPOSE SENIOR CENTER
1706 Yosemite (3rd Street)
San Francisco, CA 94124

Phone(s):
(415) 822-1444

Days & Hours:
Mon. - Fri., 8-5
Sat., 9-3:30

Person in Charge:
Dr. George Davis, Executive Director

Services:
Provides social, recreational arts and crafts, exercise, nutritional and health programs for seniors primarily in southeastern San Francisco. Hot lunches are served five days a week. Classes are held in sewing, quilting and crocheting. Guest speakers provide health and community service information. Health screening is provided for blood pressure and podiatry. A barber is available weekly; walking group is daily. Legal advice and forms assistance is regularly scheduled. We are a SHARE and Brown Bag food program site. Transportation is provided to and from the center and to off-site social events.

Fees:	$1.25 donation requested for lunch. Some field trips have fees
Eligibility:	Seniors age 60 or over
Area Served:	San Francisco County, primarily Southeast District
Application:	Walk in or apply by phone
Languages:	Spanish (By arrangement)
Accessibility:	Elevator wheelchair accessible restroom
Transportation:	MUNI - 15 Third, 54 Felton
Funding:	City (Commission on the Aging), United Way, donations

BAYVIEW HUNTER'S POINT MULTIPURPOSE SENIOR CENTER
Adult Day Health Center (ADHC)
1250 La Salle (Newcomb)
San Francisco, CA 94124

Phone(s):
(415) 826-4774

Days & Hours:
Mon.- Fri., 8-5 (Office)
Mon.- Fri., 9:30-3 (Services)

Person in Charge:
Dr. George Davis, Executive Director
Lorraine Togia, Program Director

Services:
Offers a multidisciplinary assessment and case management program for adults age 18 or over with functional impairments either physical or mental. The Center works with frail elderly, stroke and heart attack survivors and persons with handicapping conditions, to maintain maximum independence and avoid nursing home placement. Provides nursing and personal care, rehabilitation including physical, occupational and speech therapy. A hot lunch and snack are served daily. Social work services and a dietitian are available for consultation. Transportation to and from the Center is provided to residents of neighborhoods served.

Fees: Vary according to income ($50 - $60 per day). Medi-Cal, private insurance accepted

Eligibility: San Francisco resident, age 18 or over, frail, under a physician's care and unable to maintain current level of functioning

Area Served: San Francisco County, primarily Bayview-Hunter's Point, Potrero, and Sunnydale Districts

Application: Apply by phone

Languages: Spanish

Accessibility: Wheelchair accessible/restroom

Transportation: MUNI - 44 O'Shaughnessy, 54 Felton, wheelchair accessible van pick-up service can be arranged

Funding: Donations, grants, San Francisco Department of Public Health, Medi-Cal reimbursement, private insurance

BAYVIEW HUNTERS POINT NETWORK FOR ELDERS
3450 Third Street
Bldg. 2-A, Suite 200
San Francisco, CA 94124

Phone(s):
(415) 647-5353
(415) 647-5904 Fax

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Carol Newkirk, Executive Director

Services:
Offers case management - social workers will assist elders and their families with the following: food box delivery, transportation, meal programs, household and personal care attendants, making decisions about living at home, managing money/legal matters, Social Security/SSI benefits, Medicare/Medi-Cal, problem-solving, housing, caregiver support, and health and mental health care. Home Health Aides Services on a sliding scale for a few clients. Interfaith Caregiver Program, Senior Wellness Clubs.

Fees:	None for case management; sliding scale for home health aides
Eligibility:	BVHP residents only; 55+
Area Served:	Bayview Hunters Point
Application:	Apply by phone
Languages:	None
Accessibility:	Wheelchair accessible/elevator
Transportation:	MUNI - 15 Third Street
Funding:	Grants, COA, CDBG funding, donations

BERNAL HEIGHTS NEIGHBORHOOD CENTER
515 Cortland Avenue (Andover)
San Francisco, CA 94110

Phone(s):
(415) 206-2145 Administration
(415) 206-2142 Lunch/Activities
(415) 206-9177 Neighborhood Elders' Support Team (NEST)

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Mauricio Vela, Center Director
Vicki Victoria, Senior Services Director
Carmen Mendieta, NEST Program Director
Pat Lindstadt, NEST Volunteer Coordinator

Services:
The Bernal Heights Senior Program provides social services assistance, daily social activities, educational presentations, a congregate meal lunch site, and senior discount fast passes. Podiatrist services, massage and blood pressure checks. Bi-monthly grocery shopping trips and day outings. Annual Health Fair, cultural and holiday celebrations and monthly Birthday Party & Dance. Group van service for frail elders. Monthly grocery bags/EOC Surplus Food Boxes distributed to low income seniors. Emergency Meal Program delivers frozen meal supplies to frail elders on home delivered meal waiting lists or temporary disability. Emergency taxi scrip provided to elders on Paratransit waiting lists. The Neighborhood Elders' Support Team (NEST) provides case management; and works to meet the practical, physical and emotional needs and concerns of frail and homebound Bernal Heights elders by linking them with social services, community resources and neighborhood volunteers.

Fees: $1.25 suggested senior lunch donation

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily Bernal Heights

Application: Apply by phone or drop in during the morning

Languages: Spanish, Filipino (Tagalog)

Accessibility: Wheelchair accessible

Transportation: MUNI - 24 Divisadero, Group van service for eligible seniors

Funding: City (Commission on the Aging), Dept. of Health and Human Services, Administration on Aging, United Way, grants, donations

CALEB G. CLARK POTRERO HILL HEALTH CENTER

1050 Wisconsin Street (Connecticut)
San Francisco, CA 94107

Phone(s):
(415) 648-3022

Days & Hours:
Mon. - Fri., 8:30-5:30
24 hours daily (MD available by phone)

Person in Charge:
Michael Drennan, MD, Director

Services:
Offers complete medical and dental services for adults and children with consultation back-up provided through San Francisco General Hospital. Medical services include prenatal care, pediatrics, nutrition, podiatry and social work. An internist, nurse practitioner and family practice physicians are on staff. Also offers health education outreach programs in neighborhood schools and day care centers. Dental services include fillings and root canals for selected patients, along with preventive services.

Fees:	Vary according to income from 20% to 100% of cost. Medi-Cal, Medicare, private insurance accepted
Eligibility:	Proof of income and San Francisco residence required for sliding scale subsidy
Area Served:	San Francisco County, primarily Potrero Hill, Mission, South of Market, Bernal Heights and Bayview Districts
Application:	Walk in, appointment or referral
Languages:	Spanish, Filipino (Tagalog)
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 19 Polk, 53 Southern Heights, 48 Quintara
Funding:	Federal, city, county, fees through the San Francisco Dept. of Public Health, Division of Community Public Health

CALIFORNIA ADVOCATES FOR NURSING HOME REFORM (CANHR)
1610 Bush (Franklin)
San Francisco, CA 94109

Phone(s):
(415) 474-5171
(415) 474-2904 Fax

Days & Hours:
Mon.-Fri., 9-5

Person in Charge:
Patricia McGinnis, Director

Services:
Advocates on behalf of nursing home residents and their families. Provides legal referrals in the areas of residents' rights, personal injury, medical malpractice, Medi-Cal, conservatorships, estate planning, wills, trusts and durable power of attorney. A consumer information service provides information on the over 1400 nursing homes in the state, pre-placement counseling. Produces consumer information booklets on Medi-Cal eligibility, long-term care placement considerations, and residents' rights. Publishes quarterly newsletter.

Fees: Vary according to income and service

Eligibility: No requirements

Area Served: Statewide

Application: Apply by phone

Languages: Spanish

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Donations, grants

CALIFORNIA COLLEGE OF PODIATRIC MEDICINE
Northern California Center for the Diabetic and Insensitive Foot
1835 Ellis (Scott)
San Francisco, CA 94115

Phone(s):
(415) 292-0450

Days & Hours:
Mon. - Fri., 9-4:30

Person in Charge:
James W. Stavosky, DPM, Director
Jeffrey Page, DPM, Medical Director, Wound Care

Services:
Provides evaluation and outpatient treatment of lower extremity, and foot problems with an emphasis on diabetic and insensitive foot complications and wound care. The goal of the program is to prevent amputation. Services include regular foot care and patient education, with a focus on preventative care. The Wound Care Center provides specialized care for patients with serious ulcers or chronic wounds that have not healed in conventional treatment.

Fees:	Vary according to income and service. Medi-Cal, Medicare, private insurance accepted
Eligibility:	Persons with diabetes, Hansen's disease, non-healing ulcers or other circulatory problems
Area Served:	Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties
Application:	Apply by phone. Appointment necessary
Languages:	Chinese, Spanish
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI - 31 Balboa, 38 Geary, 24 Divisadero
Funding:	Fees

CALIFORNIA DENTAL ASSOCIATION
Senior-Dent
2143 Lombard Street
San Francisco, CA 94123

Phone(s):
(415) 421-1435 Referral line
(415) 928-7337 Administration

Days & Hours:
24 Hours daily
Mon.-Fri., 9-5

Person in Charge:
Sandra Stickney, Executive Director

Services:
Refers seniors age 60 or over with a fixed income and no dental insurance to dentists who will provide comprehensive services for approximately 15% below their standard fees. Dental services include examinations, cleanings and all other dental procedures. Financial arrangements, including the amount of reduction and financial terms are handled privately between the patient and dentist.

Fees: None for referral. Member dentists generally charge 15% less than the standard fee

Eligibility: San Francisco resident age 60 or over with an annual household income under $16,000, not eligible for Medi-Cal and with no private dental insurance

Area Served: San Francisco County

Application: Apply by phone

Languages: Referral service speaks only English. Dentists speak Chinese and Spanish

Accessibility: Varies according to dentist office

Transportation: Not applicable

Funding: Membership dues

CALIFORNIA MEDICAL REVIEW, INC. (CMRI)
60 Spear Street, Suite 400
San Francisco, CA 94105

Phone(s):
(800) 841-1602 Hotline
(415) 882-5800 Administration

Days & Hours:
Mon.-Fri., 9-4
Mon.-Fri., 8-5

Person in Charge:
Jo Ellen H. Ross, Chief Executive Officer
Leslie E. Baker, Manager, Medicare Health Information and Assistance

Services:
CMRI's statewide, toll-free HELPLINE assists Medicare beneficiaries who have questions or concerns about the quality of the medical care they have received in a hospital (inpatient or outpatient), skilled nursing facility, ambulatory surgery center, home health care agency, or HMO. As the Medicare quality improvement organization for California, CMRI monitors the care provided to Medicare beneficiaries, including review of quality of medical care complaints. CMRI assists Medicare patients through its education and outreach efforts and by working directly with members of the medical community to identify opportunities to improve care through quality improvement projects. These projects, conducted in collaboration with hospitals, health systems, and HMOs, work to improve the health status of the Medicare population. Health care consumer and patients' rights written information and speakers' bureau is available.

Fees: None

Eligibility: Medicare Beneficiaries and Representatives of Medicare Beneficiaries (Family, Advocates, etc.)

Area Served: Statewide

Application: Complaints must be submitted in writing. Telephone access for Medicare health information or to initiate quality of medical care complaints

Languages: Multilingual - 140 languages through immediate access interpretation

Accessibility: TDD: 1-800-881-5980

Transportation: Not necessary for service

Funding Federal (Department of Health and Human Services)

CALIFORNIA PACIFIC MEDICAL CENTER
Pacific Campus
In Patient Psychiatric Unit
2323 Sacramento (Webster)
San Francisco, CA 94115

Phone(s):
(415) 923-3252

Days & Hours:
24 hours daily

Person in Charge:
Stephen E. Hall, MD., Medical Director
Brenda Shea, R.N., Acting Nurse Manager

Services:
A multidisciplinary service that evaluates and treats adults and elders with functional and organic mental disorders requiring acute psychiatric care in a hospital setting.

Fees: Daily room rates. Medi-Cal, Medicare, private insurance accepted

Eligibility: Must have a DSM-IV diagnosis requiring acute, short-term stabilization before transfer to a lower level of care. Cannot be bedridden or permanently incontinent or have primarily an acute medical problem.

Area Served: San Francisco County

Application: Apply by phone. Referral necessary from mental health professional

Languages: Interpreter (By arrangement)

Accessibility: Elevator ramp special parking, wheelchair accessible/restroom

Transportation: MUNI - 1 California

Funding: County, client fees

CALIFORNIA STATE DEPARTMENT OF HEALTH SERVICES

Health Facilities Licensing
350 - 90th Street, 2nd Floor
Daly City, CA 94015

Phone(s):
(415) 301-9971

Days & Hours:
Mon. - Fri., 8-5

Person in Charge:
Millie A. Francois, District Administrator

Services:
Licenses all health facilities in the area served which fall under the specifications of the California Administrative Code (CAC), Title 22, Division 5. Facilities include general acute care hospitals, acute psychiatric hospitals, skilled nursing facilities (SNF) and nursing facilities (NF), referral agencies, clinics and home health agencies. Provides information on facilities and regulations on request. There is a public file of deficiency notices on individual facilities licensed through this office which can be reviewed in person daily between the hours of 9 a.m. - 12 p.m. and 1 - 4 p.m. Persons wishing to file a complaint may call the Nursing Home Complaint Hotline at: 1-800-554-0353.

Fees: Vary according to license

Eligibility: No requirements

Area Served: Marin, San Francisco and San Mateo Counties

Application: Apply by phone to file a complaint. Prefer persons to apply by mail for other services

Languages: Spanish

Accessibility: Elevator, wheelchair accessible

Transportation: MUNI to BART - Daly City Station, SamTrans

Funding: State, federal

CALIFORNIA STATE DEPARTMENT OF REHABILITATION
China Basin Office
185 Berry Street, Suite 180
San Francisco, CA 94107-1737

Phone(s):
(415) 904-7100 Voice & TDD

Days & Hours:
Mon. - Fri., 8-5

Person in Charge:
Luciana C. Profaca, District Administrator

Services:
Assists people with disabilities to enter the work force or to return to work and to live independently in their communities. Services include, but are not limited to: vocational counseling and evaluation, assistive devices and adaptive equipment, college/university tuition, fees and book, transportation assistance, resume development, interview techniques, job placement services, post-employment services, reader/interpreter/note taker service and independent living services.

Fees: Some services are based on an ability to pay. Outside benefits are used when available

Eligibility: Individuals with a disability who require services to prepare for, enter, engage in, or retain gainful employment, or to live more independently

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Able to work with individuals who speak various languages

Accessibility: Meets ADA (Americans with Disabilities Act) criteria

Transportation: MUNI - 15, 30, 32, 42, 45 lines

Funding: State, federal

CALIFORNIA STATE EMPLOYMENT DEVELOPMENT DEPARTMENT (EDD)
Job Search Center
745 Franklin Street (Turk)
San Francisco, CA 94102

Phone(s):
(415) 749-7579
(415) 749-7589

Days & Hours:
Mon. - Fri., 8-12, 1-5

Person in Charge:
Stephanie Uleta, Supervisor
Billie Ray, Manager

Services:
The Job Search Center offers: Π Experience Unlimited (EU) which is a self-directed, self-governing volunteer organization of professional, managerial, and technical job seekers that provides no fee job referral and placement services, assistance in learning job search skills, information on firms, networking with other professionals, and access to telephones, fax, computers and photocopiers Π GAIN and GATES workshops which provide supportive services and job placement to Aid to Families with Dependent Children and General Assistance recipients. Clients must be referred by the San Francisco County Department of Human Services Π Job search library, informational handouts and reference material on the job search process.

Fees: None

Eligibility: Must be legally entitled to work in the United States

Area Served: San Francisco County

Application: Apply by phone or walk in

Languages: Chinese (Cantonese), Filipino (Tagalog), Spanish, Vietnamese

Accessibility: Wheelchair accessible

Transportation: MUNI - 5 Fulton, 31 Balboa, Van Ness lines

Funding: State, federal

CALIFORNIA STATE EMPLOYMENT DEVELOPMENT DEPARTMENT (EDD)

Job Service
801 Turk Street (Franklin)
San Francisco, CA 94102

Main Office: Unemployment Insurance
3120 Mission Street (at Cesar Chavez St.)
San Francisco, CA 94110

Phone(s):

(415) 749-7503 General Information
(415) 749-7525 Casual Labor Employers
(415) 749-7524 Casual Labor Applicants
(415) 749-7500 Employers to place job orders
(415) 861-5627 Jobs For Youth
(415) 749-7403 TTY/TDD NUMBER
(415) 749-7477 Fax

Days & Hours:
Mon. - Fri., 8-12 & 1-5

Person in Charge:
Billy Ray, Manager
Darrel Jukes, Alternate Manager

Services:

Provides a variety of employment related services to persons legally entitled to work in the U.S., including job referrals and placement; veteran's employment services, job search workshops, self-help library, and casual labor (which is mostly short-term manual labor). The youth services section provides placement assistant to youth and students in cooperation with partners in the Jobs For Youth Program. The Job Agent program provides employment related supportive services to economically disadvantaged applicants. The Intensive Service Program provides placement services on case-load basis to long-term unemployed individuals. The Career Links provides a variety of training and job search aids.

Job Placement - Job Placement includes: in-person interviews and self-entry of applications into EDD's Job Match computer system; continual monitoring of available job openings for registered applicants; computer searches to match an employer's job requirements with applicant's skills, knowledge and abilities; self-service on-line review of job listings; and referral to other helpful services. Available at information Window from 8 to 12 and from 1 to 5.

Fees: None

Eligibility: Must be legally entitled to work in the United States

Area Served: San Francisco County

Application: Walk in

California State Employment Development Department - Job Service

Languages:	Chinese (Cantonese, Mandarin), Filipino (Tagalog), Spanish, Vietnamese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 5 Fulton, 31 Balboa, Van Ness lines
Funding:	State and Federal (Department of Labor)

CATHOLIC CHARITIES OF SAN FRANCISCO
Noriega Adult Day Support
3601 Noriega (43rd Avenue)
San Francisco, CA 94122

Phone(s):
(415) 242-8015
(415) 242-8017 Fax

Days & Hours:
Mon. - Fri., 8-5
Program Hours, 10-3

Person in Charge:
Carole Kilgariff, Program Manager
Patty Clement, Activities Coordinator

Services:
A licensed Adult Day program which provides a structured environment in which frail or chronically impaired seniors can safely participate in social educational and recreational activities supervised by professional staff. Van transportation can be arranged from the western half of San Francisco, Sunset, Richmond and OMI districts. A hot lunch is served and two snacks.

Fees: Varies according to income

Eligibility: San Francisco resident age 55 or over

Area Served: Western part of San Francisco including Richmond, Sunset and OMI districts

Application: Apply by phone

Languages: None

Accessibility: ADA accessibility

Transportation: Van transportation can be arranged for western half of San Francisco, OMI, Richmond or Sunset districts. MUNI - 18 Sloat, 29 Sunset

Funding: City, donations, fees, United Way and grants

CATHOLIC CHARITIES OF SAN FRANCISCO
OMI Senior Center
446 Randolph (Arch)
San Francisco, CA 94132

Phone(s):
(415) 587-1443

Days & Hours:
Mon. - Fri., 9-3

Person in Charge:
Priscilla M. Wilder, Director

Services:
A multipurpose senior center serving the Oceanview, Merced and Ingleside Districts of San Francisco. Classes are offered in nutrition, art, crafts, and history. Recreational and social activities and monthly field trips are provided. A hot lunch is served daily. Health screenings are given. Transportation to the Center can be arranged for area residents.

Fees:	$1.25 meal donation requested. No fee for other services
Eligibility:	Senior age 55 or over
Area Served:	San Francisco County, primarily Oceanview, Merced, Ingleside districts
Application:	Walk in or apply by phone
Languages:	Tagalog, Chinese
Accessibility:	Wheelchair accessible ramp
Transportation:	MUNI - M Oceanview
Funding:	City (Commission on the Aging), Catholic Charities

CATHOLIC CHARITIES OF SAN FRANCISCO
Senior Services - Administration
814 Mission Street, 3rd floor
San Francisco, CA 94103

Phone(s):
(415) 442-6867

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Pietie Vreman, Director of Aging Services

Services:
This administrative office oversees the following Senior Service programs:

Case Management - call (415) 442-5211
Grief Care - call (415) 564-7882
Hearing Impairment Program - call (415) 749-3812
Home Care Referral Program - call (415) 242-8018
Volunteer Program - call (415) 442-6854
OMI Senior Center - see separate listing
Noriega Adult Day Support - see separate listing

Fees: Varies according to income and service

Eligibility: Age 60 or over

Area Served: San Francisco County

Application: Apply by phone at the individual service area

Languages: Spanish, Chinese (various dialects)

Accessibility: Wheelchair accessible

Transportation: MUNI - Market St. line, 14 Mission, 30 Stockton, 45 Union-Stockton; call for individual service areas

Funding: COA, United Way, donations, fee for service, foundations, fundraising activities

CENTER FOR ELDERLY SUICIDE PREVENTION AND GRIEF RELATED SERVICES

Friendship Line for the Elderly
c/o Mt. Zion Institute on Aging
3626 Geary Boulevard
San Francisco, CA 94118

Phone(s):
(415) 752-3778 Friendship Line
(415) 750-5355 Grief-related services

Days & Hours:
24 hours daily
Mon. - Fri., 9-5

Person in Charge:
Patrick Arbore, Executive Director

Services:
Provides emotional support, information, crisis intervention, and psychotherapy to adults over the age of 60 who may be homebound, isolated, lonely, depressed, and/or suicidal. In addition to telephone support, trained volunteers may visit isolated elders in their homes. Answers the Senior Information and Referral telephone line after business hours. A member of the Coalition for Elder Abuse Prevention. Offers grief related services for individuals who have suffered a sudden death, suicide or other traumatic loss. Provides group support for survivors of suicide and individual counseling for all others.

Fees: None (except for psychotherapy services - we accept Medicare or other insurance; not Medi-Cal).

Eligibility: Age 60 or over for the Friendship Line

Area Served: San Francisco County

Application: Apply by phone

Languages: Varies

Accessibility: Not necessary to receive service

Transportation: Not necessary to receive service

Funding: City, donations, United Way Donor Option, Foundations

CENTER FOR SOUTHEAST ASIAN REFUGEE RESETTLEMENT
875 O'Farrell Street (Polk)
San Francisco, CA 94109

Phone(s):
(415) 885-2743

Days & Hours:
Mon. - Fri., 8-5

Person in Charge:
Vu Duc Vuong, Director
Loretta Kruger, Health Educ. Coordinator

Services:
Provides services for refugees and immigrants including job placement, vocational training, on-the-job training. Small Business Development, social services, and community advocacy. The Language Bank provides translation and interpretation services. The AIDS program provides community outreach and education to Vietnamese, Laotians and Cambodians. This includes printed materials, trainings for social service workers on special needs of Southeast Asians and individual counseling for persons diagnosed with AIDS or ARC. Helps with naturalization applications.

Fees: Vary according to income and service, for immigration and translation services; no fee for small business development and others

Eligibility: Some services require legal refugee status

Area Served: Alameda, Contra Costa, San Francisco and Santa Clara Counties

Application: Apply by phone, appointment preferred

Languages: Cambodian, Chinese (Cantonese, Mandarin), French, Hmong, Japanese, Laotian, Russian, Vietnamese

Accessibility: Wheelchair entrance at 80 Olive

Transportation: MUNI - 31 Balboa, 38 Geary, 19 Polk, 5 Fulton

Funding: City, state, federal, grants, donations

CENTRAL CITY HOSPITALITY HOUSE

Mailing Address:
290 Turk Street (Leavenworth)
San Francisco, CA 94102

Adult Services:
191 Golden Gate Avenue
San Francisco, CA 94102

Youth Services:
288 Turk Street
San Francisco, CA 94102

Phone(s):		**Days & Hours:**
(415) 749-2100	Administration	Mon. - Fri., 9-5 (Office)
(415) 565-3511	Adult Services	Mon., Wed., Thurs., 7:30-4; Tues., Fri., 7:30-7
(415) 749-2168	Youth Services	Call for drop-in hours and services
(415) 749-2132	Community Arts	Call for hours

Person in Charge:
Robert Tobin, Executive Director

Services:
A multiservice center for San Francisco's Tenderloin District. Services include an adult drop-in center which offers social and recreational activities, advocacy with social services, counseling, referrals, job development and placement assistance, free clothing and a mail message service. A creative arts program provides free art materials for workshops in drawing, painting, printmaking and sculpture. Conducts writers and poets workshops and other special events. Offers special outreach to seniors and disabled persons. Operates a Streetwork Youth Diversion Project. An emergency night shelter provides overnight shelter for 25 men age 18 or over. Cambridge Hotel is a 60 room single occupancy transitional housing program which offers case management and supportive services. The Volunteer Development Program provides job skill development and job placement. Publishes a monthly community newspaper.

Fees: None

Eligibility: 17 or under for youth services. No requirement for other service

Area Served: San Francisco County, primarily the Tenderloin District

Application: Walk in or apply by phone

Languages: Cambodian, Spanish (By arrangement)

Accessibility: Wheelchair accessible on first floor

Transportation: MUNI -Market Street lines, 5 Fulton, 31 Balboa, 19 Polk, BART - Civic Center Station

Funding: Donations, County, United Way, state, federal

CENTRO LATINO de SAN FRANCISCO
1656 - 15th Street (Julian)
San Francisco, CA 94103

Phone(s):
(415) 861-8758

Days & Hours:
Mon.-Fri., 9-5
Sun., 9-2

Person in Charge:
Gloria Bonilla, Director
Chuck Ayala, Chief Executive Director

Services:
Provides case management, housing placement and referrals, emergency financial assistance, support groups and counseling, translation, a variety of education and recreation activities including: citizenship classes and testing, weekly field trips, arts and crafts, etc. Also provides lunch at 11:45 am - 12:45 pm, Sunday through Friday with live entertainment, meals for homebound seniors, semi-monthly grocery distribution, transportation for grocery shopping assistance and for medical appointments.

Fees:	$1.25 donation for lunch
Eligibility:	Mission District resident age 60 or over
Area Served:	San Francisco, Mission District
Application:	Walk in
Languages:	Spanish
Accessibility:	Ramp
Transportation:	MUNI - 26 Valencia, 49 Van Ness-Mission, 12 Folsom, 14 Mission, 53 Southern Heights, BART - 16th Street Station
Funding:	City, donations

CERENIO MANAGEMENT GROUP (CMG)
San Francisco Paratransit Broker
5 Freelon Street (between 3rd & 4th St.)
San Francisco, CA 94107

Phone(s):

(415) 543-9651 Accounts
(415) 543-9650 Intake
(415) 543-9653 Complaints
(415) 543-9627 Administration

Days & Hours:

Mon.-Fri., 9-5

Person in Charge:

Virginia R. Cerenio, Paratransit Broker, President
Cerenio Management Group

Services:

Provides 4 modes of transportation for persons who are unable to use public transportation due to a disability. Regular Taxi service is available for those who are able to ambulate and wheelchair users who can transfer and the Ramped Taxi service is available for wheelchair users and ambulatory riders. Discount taxi scrip (vouchers) can be used in taxis and ramped taxis in San Francisco. Priority for vouchers is given to those who need life support services, such as hemodialysis, radiation treatment, chemotherapy, frail elders, persons with AIDS. The Lift-Van service provides lift-equipped vans to transport wheelchair users anywhere within San Francisco. The taxi and lift-van service may be used for medical appointments, shopping, school, church or recreational activities. The Group Van service is available for groups of seven or more qualified persons traveling to a common destination site, such as a nutrition program or adult day health care.

Fees: Taxi scrip costs vary according to need and income level, Lift-Van is $8.00 for a monthly pass or $.40 per one way trip, Group Van varies by agency need

Eligibility: Unable to use public fixed route transportation (Muni) due to a disability

Area Served: San Francisco County

Application: Complete ADA (Americans with Disabilities Act) Regional Application Form; request application by phone; processing time of up to one year; priority given to life-support

Languages:	Chinese (Cantonese, Mandarin), Russian, Spanish, Tagalog, Vietnamese
Accessibility:	Facility is wheelchair accessible; all printed materials available upon request in alternate formats, such as large print, on computer disk (ASCII), audio tape cassette or braille
Transportation:	Not applicable
Funding:	Federal, state and city-funded; city and county-subsidized

CHINESE NEWCOMERS SERVICE CENTER
777 Stockton Street, Room 104 (Sacramento)
San Francisco, CA 94108

Phone(s):
(415) 421-2111

Days & Hours:
Mon.-Fri., 9-5

Person in Charge:
Teresa T. Wu, Director

Services:
Facilitates the adjustment process of Chinese immigrants and refugees by providing multiple services, including bilingual information and referral, adjustment counseling, translation and interpretation, emergency contact, cultural education, job orientation, job placement, immigration and forms assistance, group activities, advocacy, legal consultation, free clothing and produces community education programs for Chinese television.

Fees:	Most services are free, otherwise vary according to income
Eligibility:	Primarily low-income Chinese speaking families
Area Served:	Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties
Application:	Walk in or apply by phone
Languages:	Chinese (Cantonese, Mandarin)
Accessibility:	Accessible with assistance
Transportation:	MUNI - 30 Stockton, 1 California, California Street Cable Car
Funding:	United Way, city, donations

CLEARINGHOUSE FOR HOME DELIVERED MEALS

1375 Fairfax Avenue
San Francisco, CA 94124

Phone(s):
(415) 648-5592

Days & Hours:
Mon.-Fri., 9-4
Answering machine, if not available

Person in Charge:
Randall Mueck, Coordinator

Services:
Provides intake and prioritizes requests from discharge planners and social workers who are arranging for home-delivered meals for San Francisco seniors age 60 or over. The Clearinghouse takes all requests city-wide, prioritizes the waiting list and refers requests to the appropriate providers. There are eight providers of home delivered meals throughout San Francisco.

Fees:	None
Eligibility:	The clearinghouse is for the exclusive use of discharge planners and social workers. Clients must be San Francisco residents age 60 or over who are homebound
Area Served:	City of San Francisco
Application:	Apply by phone
Languages:	None
Accessibility:	Not applicable
Transportation:	Not necessary to receive service
Funding:	City (Commission on the Aging), grants

COALITION OF AGENCIES SERVING THE ELDERLY
CASE
P.O. Box 410865
San Francisco, CA 94141-0865

Phone(s):
(415) 777-3773

Days & Hours:
Call for meeting dates, times

Person in Charge:
Roy Earnest, President

Services:
An organization of agencies and professionals who work with seniors. The purpose of the organization is to provide program planning and development, service coordination, advocacy, networking, information and education. Meetings are held the 4th Monday of each month at 3 pm. Meetings are held at various locations throughout the city. Phone for information.

Fees: $40 for organization with voting rights. $20 for individuals (no vote). $10 for students or seniors (no vote)

Eligibility: Agency that represents seniors or professional with senior clients

Area Served: San Francisco County

Application: Membership applications accepted year round

Languages: None

Accessibility: Varies according to meeting site

Transportation: MUNI, BART or car pool

Funding: Membership fees

COMING HOME
220 Montgomery Street, Suite 383 (Bush)
San Francisco, CA 94104-3413

Phone(s):
(415) 296-0937

Days & Hours:
Mon.-Fri., 9-5

Person in Charge:
David C. Jonson, Program Director

Services:
Provides personal money management, case management, legal support and protective services to older persons, people with AIDS/HIV disease, and other adults who are functionally impaired or seriously ill. Assists clients with banking, bill-paying, budgeting, filing and monitoring medical insurance claims forms, organizing financial materials for income taxes, and pre-paying funeral burial arrangements. Will also serve as a representative payee to handle Social Security benefits, as a durable power of attorney for financial decisions, conservator of estate, conservator of the person, and serve as 'Responsible Party' for persons who need a co-signatory to gain admission to a skilled nursing facility.

Fees:	$60
Eligibility:	Adults with a functional impairment that interferes with their ability to handle their own financial, legal or personal affairs
Area Served:	San Francisco and San Mateo Counties
Application:	Apply by phone or mail. Appointment necessary
Languages:	Spanish
Accessibility:	Elevator ramp
Transportation:	MUNI - 2 Clement, 3 Jackson, 4 Sutter, 15 Kearny, 42 Montgomery, BART - Montgomery Street Station
Funding:	Client fees, grants, donations

COMMUNITY BOARD PROGRAM
Conflict Resolution Resources
1540 Market Street, Room 490
San Francisco, CA 94102

Phone(s):
(415) 863-6100

Days & Hours:
Mon. - Fri., 10-5

Person in Charge:
Rita Adrian, Director of Neighborhood Programs

Services:

Offers free dispute resolution services to seniors and all other residents in San Francisco. Community Boards has been helping people resolve disputes - big and small - since 1976. If there is a situation causing you to feel disrespected or harassed, for example: problems concerning noise, child behavior, property care, use of communal facilities - call Community Boards. Community Boards can help resolve or prevent disputes between family members, friends, neighbors, landlords and tenants, social service staff, caregivers, anyone.

At a location in the neighborhood where the conflict took place, trained community members will listen to everyone involved, and without taking sides, help the disputing parties create fair and lasting solutions. Meetings are available in many languages, and in translation. Locations are handicapped accessible.

Seniors interested in taking the free training to become a neighborhood peacemaker should call Rita Adrian at (415) 863-6100 for more information.

Fees: No fees for services

Eligibility: No special requirements necessary

Area Served: City of San Francisco

Application: Phone, letter or visit to office

Languages: Spanish, Chinese, Tagalog, Russian

Accessibility: Locations for meetings are wheelchair accessible

Transportation: Locations are accessible via public transportation

Funding: Grants and donations

COMMUNITY HOSPICE FOUNDATION
Hospice By The Bay
1540 Market Street, Suite 350
San Francisco, CA 94102

Phone(s):
(415) 626-5900

Days & Hours:
24 hours daily

Person in Charge:
Constance Borden, Executive Director

Services:
Provides services and care to individuals and their families during the late stages of a terminal illness. Home Care services include nursing, home health aides, homemaker services, physical therapy, speech therapy, dietary counseling, social services, bereavement counseling, patient family education and occupational therapy. Also offers an inpatient hospice care for patients who require skilled nursing care and are unable to remain at home through contracted skilled nursing facilities.

Fees:	Medi-Cal, Medicare, private insurance, military insurance accepted
Eligibility:	Patient consent to hospice care, diagnosed as terminal (6 months or less), a primary caregiver if at home
Area Served:	San Francisco and San Mateo Counties
Application:	Apply by phone, referral from hospital, or apply by mail
Languages:	Chinese, Filipino (Tagalog), Spanish, Russian
Accessibility:	Handicap accessible office
Transportation:	Not necessary for service
Funding:	Donations, grants, fees

COMMUNITY MUSIC CENTER
Mission Branch
544 Capp Street (20th Street)
San Francisco, CA 94110

Phone(s):
(415) 647-6015 Mission Branch
(415) 221-4515 Richmond District Branch

Days & Hours:
Mon.-Thurs., 9-8
Fri., 9-7, Sat., 9-5
Mon.-Fri., 1-6

Person in Charge:
Stephen R. Shapiro, Director

Services:
Provides music lessons for people of all ages and backgrounds. Offer a full range of musical styles for instrument and voice including Western, Classical, Latin, Chinese, Jazz and popular. Operates the San Francisco Children's Chorus. Students occasionally give performances. Encourages senior citizen involvement. Also provides free or low-cost concerts at both branches and at other San Francisco locations. The Richmond District branch is located at 741 - 30th Avenue, San Francisco, CA 94121.

Fees: Vary according to income, age and program. Offers a senior discount of 50%

Eligibility: Minimum age 4 years

Area Served: Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties

Application: Walk in or apply by phone for appointment

Languages: Chinese (Cantonese, Mandarin), German, Spanish

Accessibility: Wheelchair accessible at Richmond District Branch

Transportation: MUNI - Van Ness, Mission Street Lines, BART - 16th and 24th Street Stations, Richmond Office - 31 Balboa

Funding: Fees, grants, donations

CONSUMER ACTION
116 New Montgomery Street, Suite 233
San Francisco, CA 94105

Phone(s):
(415) 777-9635 Consumer Hotline
(415) 777-9648 Business Office
(800) 999-7981 Toll Free
(415) 777-9456 Voice/TTY

Days & Hours:
Mon. - Fri., 10-2 (Hotline)
Mon. - Fri., 8-6 (Office)

Person in Charge:
Ken McEldowney, Director

Services:
Consumer Action (CA) is a pioneering non-profit advocacy and education organization serving consumers since 1971. CA has a national reputation for multilingual consumer education, and for advocacy in the fields of banking and telecommunications. CA's hotline provides free, non-legal advice and referrals in Chinese, English and Spanish. Nearly two million free publications are distributed by CA annually in California and across the nation. Many are available in Cambodian, Chinese, English, Korean, Laotian, Spanish, Tagalog and Vietnamese, as well as, Braille, large type and audio cassette. Multi-lingual staff provide educational materials and technical assistance to community based agencies. CA also works to promote a variety of pro-consumer laws and regulations at the state and federal levels. In addition, CA's Lead Poisoning Prevention Project is mobilizing community and government resources in San Francisco to educate parents, get children tested for lead poisoning, and reduce exposure to lead in housing and from other sources.

Fees: Membership $25 per year, low-income persons $10 and seniors $15 per year, cost of postage for consumer guides

Eligibility: No requirements

Area Served: Six Bay Area counties, statewide, and national

Application: Apply by phone or mail

Languages: Chinese (Mandarin and Cantonese), Spanish

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Grants, membership dues

CONSUMER CREDIT COUNSELORS OF SAN FRANCISCO
77 Maiden Lane, 3rd Floor (Grant Avenue)
San Francisco, CA 94108

Phone(s):
(800) 777-PLAN or (7526)
(415) 788-0288 San Francisco
(707) 527-9221 Santa Rosa

Days & Hours:
Mon. - Fri., 8-6
Evening, Tues.-Thurs., open until 7
Sat., 9:30-3
Mon. - Sat., days & evenings, phone counseling available

Person in Charge:
Joanne Budde, Executive Director

Services:
Provides free money and credit counseling, including housing counseling; home equity loan scam prevention, reverse mortgage counseling, rent and mortgage default counseling, as well as 1st time home buyer's counseling. Also provides debt counseling and debt management program. Consumer Credit Counseling Service of San Francisco a personal financial resource center also provides a speakers' bureau available to conduct workshops on a variety of personal finance and credit issues, such as Mastering Your Money, Surviving Unemployment, Breezing through the Holidays, workshops on consumer rights and responsibilities, and housing presentations. Offices located in the Mission, Daly City, Redwood City, Foster City, Novato, San Rafael, Santa Rosa, Napa and Fort Bragg. Phone counseling also available.

Fees: None for counseling or lectures, fees for administration of repayment plan vary according to income, average $5 per month

Eligibility: No requirements

Area Served: San Francisco, Marin, San Mateo, Sonoma, and Napa Counties and the Mendocino Coast

Application: Walk in or apply by phone

Languages: Chinese (Cantonese), Spanish, Tagalog

Accessibility: Wheelchair accessible/restroom

Transportation: MUNI - Market Street Lines, BART - Montgomery Street Station

Funding: Donations

DAVIES MEDICAL CENTER
Geriatric Psychiatry Service
Castro & Duboce, 2 South
San Francisco, CA 94114

Phone(s):
(415) 565-6297
(800) 555-1155

Day & Hours:
24 hours daily

Person(s) in Charge:
Hali Floreen, MFCC, Program Director
Sheldon Jones, MD, Medical Director

Services:
An inpatient acute psychiatric unit for geriatric patients, providing multidisciplinary psychiatric and medical evaluation and treatment. Accepts patients with ambulation problems, incontinence, and chronic medical conditions. Treatment goals are to alleviate psychiatric problems that are treatable and to manage problems that are progressive, stabilizing patient at maximum level of functioning. Continuity of care is emphasized, with discharge planning that includes family and agencies involved. Physical, occupational, speech therapy and diagnostic services available as needed during hospitalization.

Fees: Medicare, private insurance. Have applied for Medi-Cal contract

Eligibility: Must be 55 years or older or have problems common to the older adult. Must have a primary psychiatric diagnosis requiring acute inpatient treatment. Must be able to participate in the therapeutic milieu and treatment program. Patients with chronic medical conditions may be admitted, but those with acute medical illnesses requiring intensive inpatient care must be treated on a medical unit

Area Served: Alameda, Contra Costa, Marin, Napa, San Mateo, San Francisco, Santa Clara and Sonoma Counties

Application: Apply by phone. Free, confidential assessment available

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), Spanish. Interpreter (by arrangement) for other languages

Accessibility: Wheelchair accessibility

Transportation: MUNI - 24 Divisadero, 37 Corbett, and N Judah

Funding: Fees

ECONOMIC OPPORTUNITY COUNCIL (EOC)
One Second Street, 2nd & 3rd Floor
San Francisco, CA 94105

Phone(s):
(415) 243-3100 Main Switchboard
(415) 247-7849 Senior Food Program
(415) 247-7836 Energy Assistance Program

Days & Hours:
Mon. - Fri., 8:30-5

Person in Charge:
Nathaniel Mason, Jr., Executive Director

Services:
EOC is a private, nonprofit community service agency, providing low-income San Franciscans with a variety of services, including child care, child development, food distribution, energy assistance and homeless assistance. Two EOC programs specialize in assisting Senior Citizens - the Senior Commodity Supplemental Food Program and the Energy Assistance Progam.

The Senior Commodity Supplemental Food Program offers a free pack of nutritious food commodities each month to eligible seniors. The program's goal is to assist seniors with budget or nutrition difficulties by bringing additional nutritious food into their homes. Homebound seniors are given priority in the program. Food packs are distributed at sites throughout San Francisco, including many low-income Senior Citizen buildings.

The Energy Assistance Program has two components, both of which are available to seniors who meet the income guidelines listed below. The first component is the Home Weatherization Project (HWP), designed to assist clients in lowering home energy costs. The HWP provides free caulking, water heater blankets, weather stripping, glazing, set back thermostats, ceiling fans and minor home repairs. The second component is the Home Energy Assistance Program (HEAP), which provides utility rebates to eligible clients when funds permit.

Fees: None

Eligibility: Senior Food Program: resident of San Francisco, at least 60 years of age, gross annual family income is not greater than 130% of current federally established poverty guidelines. **Please note:** There is sometimes a waiting list of several months for this program. Homebound seniors are given priority

Energy Assistance Program: resident of San Francisco, gross annual family income is not greater than: weatherization 150% of current federally established poverty guidelines. HEAP 130% of current federally established poverty guidelines

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary for some services

Languages: Senior Food: Chinese (Cantonese), Filipino (Tagalog), Russian, Spanish

Weatherization/Energy Assistance: Spanish, Chinese (Cantonese)

Accessibility Wheelchair accessible

Transportation: Varies according to site, phone for information

Funding: City, State and Federal

ENTERPRISE FOR HIGH SCHOOL STUDENTS
450 Mission Street, Suite 408
San Francisco, CA 94105

Phone(s):
(415) 896-0909
(415) 896-0933 Fax

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Susan Cook Hoganson, Executive Director
Vivian Turner, Program Director

Services:
Provides San Francisco high school students from diverse backgrounds with job readiness training, jobs and career apprenticeships appropriate to their skill levels. A Job Referral Program prepares students to succeed in their jobs, develop good work habits, and gain employment experience. An Apprenticeship Program provides committed high school juniors and seniors with opportunities to explore a variety of career areas.

Fees: None

Eligibility: San Francisco High School students 9th - 12th grade. Employers must be San Francisco business or resident

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Languages: Spanish

Accessibility: -----

Transportation: MUNI - 1 California, 3 Jackson, 4 Sutter, 38 Geary, Mission Street Buses. MUNI Metro/BART - Montgomery or Embarcadero

Funding: Grants, donations, annual fall antiques show

ENVIRONMENTAL TRAVELING COMPANIONS (ETC)
Fort Mason Center, Building C
San Francisco, CA 94123

Phone(s):
(415) 474-7662

Days & Hours:
Mon. - Fri., 10-5

Person in Charge:
Diane Poslosky, Director

Services:
Provides year-round outdoor adventure programs for disabled or economically disadvantaged persons from age 10. The programming includes river rafting, cross-country skiing, and sea kayaking. Groups must provide their own transportation to the trip site and their own food for the trip. Supervises trip activity, rents the facilities, and provides all equipment including instructors and guides. If a disabled person uses an attendant every day at home, the attendant needs to accompany him or her on the trip. Adult supervisors must accompany their group.

Fees:	Vary according to income and service
Eligibility:	Age 10 or over, physically able to travel
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo and Sonoma Counties
Application:	Apply by phone or mail
Languages:	American Sign, Spanish (By arrangement)
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI - 22 Fillmore, 28 Nineteenth Avenue, 30 Stockton. Groups must provide their own transportation to recreation locations
Funding:	Trip fees, grants, donations, memberships

EPISCOPAL COMMUNITY SERVICES
Canon Kip Senior Center
705 Natoma (8th Street)
San Francisco, CA 94103

Phone(s):
(415) 861-6801
(415) 487-3795 Fax

Days & Hours:
Mon. - Fri., 8:30-5 (Office)
Daily, 8:30-2:30 (Senior Center)

Person in Charge:
Betty Crowder, Program Director

Services:
A multiservice neighborhood center that provides social services to seniors age 60 or over. The Senior Center provides comprehensive case management, a day time drop-in center, money management, a representative payee project and a hot lunch at 11:30 am daily. The Senior Center offers information and referral, outings for recreation and entertainment, exercise classes, movie, arts and crafts. Van transportation can be provided for groups to and from the following senior centers: Canon Kip, North of Market Senior Center, Diamond Senior Center, Bernal Heights Senior Center, Susan Snyder Center, Potrero Center and Montefiore/Jewish Community Center.

Fees: $1.25 donation requested for senior lunch

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily South of Market District

Application: Walk in or apply by phone

Languages: Filipino (Tagalog)

Accessibility: Facility is wheelchair accessible, so are the vans

Transportation: MUNI - Market and Mission Street lines, 19 Polk.
MUNI Metro/BART - Civic Center Station

Funding: United Way, city (COA,CMHS, MOCD), donations

EVICTION ASSISTANCE SERVICES & EDUCATION

EASE

Two offices:
One Second Street, Third Floor
San Francisco, CA 94105

850 Harrison Street
San Francisco, CA 94107

Phone(s):
(415) 597-7735 (2nd St.)
(415) 777-5350 (Harrison St.)

Days & Hours:
Mon. - Fri., 8:30-4

Person in Charge:
Sergeant Frank Hutchins, Sheriff's Community Relations Officer

Services:
EASE is dedicated to assisting and educating tenants, landlords and homeowners in understanding the laws which govern the eviction process. Understanding of the procedure will help to minimize the trauma associated with eviction, and when possible, allow problems to be solved without court action. Assists low-income people who are in the process of being evicted. Emphasis on the elderly. Works with landlord, tenant, lender or homeowner. Provides crisis intervention. Offers referrals to legal and social services. Assists those being evicted to locate emergency housing.

Fees: None

Eligibility: Senior and low income families facing eviction. Disabled adults

Area Served: San Francisco County

Application: Walk-in or apply by phone

Languages: Multi-lingual assistance available

Accessibility: Ramp

Transportation: MUNI - Mission and Market Street lines. MUNI Metro/BART - Montgomery Street Station

Funding: Sponsored by the San Francisco Sheriff's Department and the Salvation Army Senior Meals and Activities Program. Major funding from the Federal Administration on Aging

EXECUTIVE SERVICE CORPS OF THE SAN FRANCISCO BAY AREA
706 Mission Street, 5th floor
San Francisco, CA 94103

Phone(s):
(415) 543-6652
(415) 541-7708 Fax

Days & Hours:
Mon. - Fri., 9-5
(Answering machine at other times)

Person in Charge:
Susan B. Taha, Board Chair

Services:
Retired executives volunteer their time and experience to help nonprofit organizations that need management advice and assistance. Areas of consultation include long-range planning, marketing, personnel management, facilities planning and construction, organizational development, budget, finance and resource allocation, public relations, office practices and administration. Following an initial appraisal consultation, a consultation agreement is negotiated and the consultant works in cooperation with the client organization.

Fees: None for initial appraisal. Vary according to service and ability to pay for consultation

Eligibility: Non-profit, public service organization

Area Served: Alameda, Contra Costa, Marin, San Francisco, San Mateo and Santa Clara Counties

Application: Apply by phone, mail or fax

Languages: None

Accessibility: Elevator wheelchair accessible/restroom

Transportation: MUNI - Mission and Market Street lines. BART - Civic Center Station

Funding: Grants, donations

FAMILY CAREGIVER ALLIANCE
425 Bush Street, Suite 500 (Kearny)
San Francisco, CA 94108

Phone(s):

(415) 434-3388
(800) 445-8106 English Speaking
(800) 434-1413 Chinese Speaking
(800) 434-1412 Spanish Speaking
(800) 434-1411 Educational Workshop Calendar

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Kathleen A. Kelly, Executive Director

Services:
Family Caregiver Alliance, formerly Family Survival Project, is the Bay Area Caregiver Resource Center for families and friends of brain impaired adults. Brain impairments may include Alzheimer's disease, other types of dementia, stroke, traumatic brain injury, or many other adult onset diagnoses. FCA offers information and education about brain impairments, community resources and caregiver issues. Support services include individual care planning consultations, legal information and consultation, respite assistance, individual and group counseling, and workshops for families and professionals. FCA publishes a quarterly newsletter, fact sheets, research reports and training manuals.

Fees: Information services are free. Low fees for consultation counseling, workshops, and respite. No one is turned away for inability to pay

Eligibility: Caregivers (family members or friends) of persons with adult onset brain impairment

Area Served: Direct services to Alameda, Contra Costa, Santa Clara, San Mateo, San Francisco, and Marin Counties. Acts as statewide resource consultant to the California Department of Mental Health, overseeing eleven Caregiver Resource Centers across the state

Application: Not applicable

Languages: Spanish, Chinese

Accessibility: Office is fully accessible, including elevator & restroom. All counseling groups, respite retreats and educational workshops are held in accessible buildings

Transportation: MUNI Metro/BART Montgomery Street Station, walking distance from all downtown San Francisco bus lines and Transbay terminal

Funding: California Department of Mental Health, private grants and donations

FAMILY SERVICE AGENCY OF SAN FRANCISCO
Family Service Counseling Division
Japanese Family Service Program
1010 Gough Street (Eddy)
San Francisco, CA 94109

Phone(s):
(415) 474-7310

Days & Hours:
Mon. - Fri., 8:30-5
Evenings by appointment

Person in Charge:
Shirley Shiromoto, Division Director

Services:
Provides counseling and crisis intervention to Japanese individuals, couples, families and groups. Bi-cultural, bi-lingual Japanese professionals help with marital problems, parent-child communication, school difficulties, personal growth, aging, loss, depression, anxiety, problems of daily living and mental illness. A consulting psychiatrist is available should medication be needed. Home visits and phone counseling are also available. Provides consultation and education about mental health issues for groups, agencies and concerned individuals.

Fees:	Vary according to income
Eligibility:	No requirements
Area Served:	San Francisco Bay Area/Greater Bay Area
Application:	Apply by phone
Languages:	Japanese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 31 Balboa, Van Ness lines, 38 Geary
Funding:	Fees

FAMILY SERVICE AGENCY OF SAN FRANCISCO
Foster Grandparents/Senior Companions
6221 Geary Boulevard, 3rd floor
San Francisco, CA 94121

Phone(s):
(415) 751-9786
(415) 751-9787 Fax

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Robert Pementell, Director

Services:
The Foster Grandparent Program places low-income seniors age 60 or over in childcare centers, hospitals or other community settings where they provide companionship and assistance to children. Senior Companions serve isolated elders by providing friendship, companionship and support to prevent institutionalization. Foster Grandparents and Senior Companions work approximately 20 hours per week and receive a small non-taxable stipend.

Fees: No fee to the recipient; agency where placed contributes

Eligibility: To be a Foster Grandparent or Senior Companion must be 60 years or older and low income. To receive services one must be affiliated with a host site

Area Served: San Francisco

Application: Apply by phone

Languages: Spanish, Cambodian, Korean, Cantonese, Tagalog, Mandarin

Accessibility: Wheelchair accessible

Transportation: MUNI - 38 Geary

Funding: Federal, State, private

FAMILY SERVICE AGENCY OF SAN FRANCISCO
San Francisco Ombudsman Program
6221 Geary Blvd., 3rd Floor
San Francisco, CA 94121

Phone(s):
(415) 751-9788
(415) 751-9789 Fax

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Benson Nadell, Program Manager

Services:
Recruits and trains volunteers to visit long-term care facilities (skilled nursing facilities or residential facilities), and adult day health care centers on a regular basis. Ombudsmen receive, investigate and attempt to resolve complaints lodged on behalf of frail residents. Ombudsmen work with residents, family members and facility staff to resolve problems concerning patient rights, quality of care, abuse, physical environment and other related issues. Advocates for better care for all elders. Also provides training to nursing home personnel and develops resident councils. Serves as a witness for persons signing their durable power of attorney for health care services.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Apply by phone
Languages:	Japanese, Russian, Spanish, Cantonese, Tagalog, others (by arrangement)
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 38 Geary, 38L Geary, 29 Sunset, 31 Balboa
Funding:	Donations, county, state, federal

FAMILY SERVICE AGENCY OF SAN FRANCISCO

Senior Programs - Geriatric Mental Health
1010 Gough Street
San Francisco, CA 94109

Geriatric West Office
6221 Geary Boulevard
San Francisco, CA 94121

Phone(s):
(415) 474-7310 (Gough St.)
(415) 931-3773 (Geary Blvd.)

Days & Hours:
Mon. - Fri., 9-5 (Outpatient)
8:30-4:30 (Day Treatment)

Person in Charge:
Julia Chu, Department Head
Nancy Alpert, Supervisor Outpatient
David Silva, Supervisor Day Treatment
Marie Wren, Supervisor Geriatric West

Services:
Provides community based mental health services for seniors who have mental health problems and are at risk. Services include assessment, medication support, crisis intervention including 5150 evaluation and enactment, individual and group therapy, case management, consultation and day treatment. Office and home visits are made by staff which includes social workers, psychiatric technician and psychiatrists. The Day Treatment program is available five days a week with transportation based on need. Geriatric West provides both outpatient and day treatment services also.

Fees: Vary according to income. Medi-Cal, Medicare, private insurance accepted

Eligibility: Age 60 or over

Area Served: Catchment area includes Western Addition, Pacific Heights, Marina and Haight Ashbury. Day Treatment program includes these areas and the Tenderloin. Geriatric West serves the Richmond, Sunset and OMI areas. May serve other San Francisco areas if special need exists

Application: Apply by phone - request officer of the day

Languages: Japanese, Mandarin

Accessibility: Wheelchair accessible

Transportation: MUNI - 31 Balboa, 38 Geary, Van Ness lines

Funding: City/County, Medicare and Medi-Cal, donations

FILIPINO AMERICAN COUNCIL OF SAN FRANCISCO, INC.
Senior Opportunities Services Center
3416 - 19th Street
San Francisco, CA 94110

Phone(s):
(415) 626-0773

Days & Hours:
Mon. - Fri., 8-2

Person in Charge:
Aster T. Saquing, Program Director

Services:
A senior center which provides nutritious congregate Filipino style lunch Monday - Friday. Provides recreational activities, dancing, singing, handicrafts, bingo, exercise and lectures. Also provides outreach, information and referral, social services and assists seniors to obtain needed services.

Fees:	Suggested lunch donation $1.25
Eligibility:	Age 60 or over
Area Served:	San Francisco County
Application:	Walk in
Languages:	Filipino (Tagalog, Ilocano, Cebuano, Hili Gaynon)
Accessibility:	Elevator, wheelchair accessible
Transportation:	MUNI - 14 Mission, 49 Ocean, 26 Valencia. BART - 16th Street Station
Funding:	City/County (Commission on the Aging), federal (USDA) donations

FRANCIS OF ASSISI COMMUNITY
145 Guerrero Street (Duboce)
San Francisco, CA 94103

Phone(s):
(415) 621-4092

Days & Hours:
Mon. - Fri., 9-5
Sat. - Sun., 9-1

Person in Charge:
Roy Earnest, LCSW, Administrator

Services:
Provides federally subsidized (HUD) housing for seniors and adults with mobility impairments. In the community center, a nutrition site lunch is served daily at noon. All seniors are welcome. Lunch tickets go on sale at 9 am. The community center also provides social, educational and recreational activities as well as health screening. The lunch and senior center program is sponsored jointly by Francis of Assisi and Salvation Army Senior Meals & Services. Two community rooms are available to non-profit agencies for meetings or seminars at very low rates. One month's notice is needed to reserve a room. Contact Toni Martinez for room reservations.

Fees: Vary according to income and service. Suggested lunch dontation $1.25

Eligibility: Low-income senior or disabled adult

Area Served: San Francisco County

Application: Waiting list for apartments is currently closed but call to check when it will re-open

Languages: Spanish, Russian

Accessibility: Wheelchair accessible

Transportation: MUNI - Market and Mission Street lines

Funding: Federal (HUD); lunch provided by Salvation Army Senior Meals & Services is COA funded

FREEWHEELERS ASSOCIATION, Inc.
832 Mission Street
San Francisco, CA 94103

Phone(s):
(415) 243-9980

Days & Hours:
Mon. - Fri., 8:30-4:30

Person in Charge:
Maria Miranda, Program Director

Services:
Provides transportation, recreational activities, field trip, and 'Day-on-the-town' outings for adults who are in wheelchairs. The outings allow disabled adults access to social, cultural, and entertainment events. People are picked up at convalescent homes or senior centers throughout San Francisco or at their home in the area served.

Fees:	None
Eligibility:	Age 18 or over, in wheelchair, living in area served, Laguna Honda Hospital or a San Francisco nursing home
Area Served:	San Francisco County, primarily Bayview-Hunter's Point, Mission, Richmond, Park Merced, South of Market, Sunset, Tenderloin districts and San Mateo County
Application:	Apply by phone. Appointment necessary
Languages:	Spanish
Accessibility:	Wheelchair accessible
Transportation:	Bus transportation provided
Funding:	Donations

FROMM INSTITUTE FOR LIFELONG LEARNING
University of San Francisco
University Center, Room 538
Ignatius Heights - 2130 Fulton Street
San Francisco, CA 94117

Phone(s):
(415) 666-6805
(415) 666-6535 Fax

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Robert Fordham, Director

Services:
Offers educational opportunities to retired persons age 50 or over. Provides three 8-week sessions per year of non-credit college level courses in a variety of subjects. University courses can be audited with the instructor's permission after membership in the institute's program has been established.

Fees:	$100 per session, scholarships available
Eligibility:	Age 50 or over and retirees
Area Served:	Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties
Application:	Apply by phone, fax or mail for enrollment application
Languages:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 5 Fulton, 31 Balboa, 43 Masonic
Funding:	Donations, fees

GOLDEN GATE FOR SENIORS
637 South Van Ness (17th Street)
San Francisco, CA 94110

Phone(s):
(415) 626-7553
(415) 626-7779

Days & Hours:
24 hour program
Mon. - Fri., 8-5 (Office)

Person in Charge:
Marge E. Healy, Program Director
Bert Sticker, Senior Counselor

Services:
A 20-bed residential alcohol and drug recovery facility for men and women age 55 or over. Average stay is 2 to 12 months. Must be 24 hours without a drink before entering the program. Offers individual and group counseling. Volunteer work and three mandatory 12 Step meetings per week are required.

Fees:	Sliding scale; private insurance accepted
Eligibility:	Must be age 55 or over, detoxed at least 24 hours, and ambulatory
Area Served:	San Francisco County. Some private "out-of-county" beds
Application:	Apply by phone. Appointment necessary
Languages:	None
Accessibility:	Not wheelchair accessible at this time
Transportation:	MUNI - Mission Street lines, 22 Fillmore. BART - 16th Street Station
Funding:	City, county, state, federal, fees

GOLDEN GATE SENIOR SERVICES
Diamond Senior Center
117 Diamond Street (19th Street)
San Francisco, CA 94114

Phone(s):
(415) 863-3507

Days & Hours:
Mon. - Fri., 9-4

Person in Charge:
Betty Garvey, M.S.W.

Services:
A senior center which provides social, recreational, and educational activities as well as health screening. Serves lunch five days a week. Provides sale of discount MUNI and BART passes, Podiatrist services, blood pressure checks, exercise and aerobic classes, library and bookmobile, walking trips, films, cooking, Spanish and Russian classes, lectures and cultural events, dances, parties, theater and concert trips, folk dancing, tap dancing, bingo, bridge, singing, Tai Chi, current events and arts and crafts classes and intergenerational activities with Live Oak School.

Fees: $1.25 donation for lunch

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily Eureka Valley and Noe Valley districts, but everyone is welcome

Application: Walk in or apply by phone

Languages: None

Accessibility: Wheelchair accessible ramp

Transportation: MUNI - F Market, 24 Divisadero, 33 Stanyan, K Ingleside, L Taraval, M Oceanview, 35 Eureka

Funding: City

GOLDEN GATE SENIOR SERVICES

Project Integration
6221 Geary Boulevard
San Francisco, CA 94121

Phone(s):
(415) 221-2780

Days & Hours:
Mon. - Fri., 9-4

Person in Charge:
Karen James, Project Manager

Services:
The goal of this project is to integrate older adults with developmental disabilities into community senior centers. We offer specialized staff and additional services that provide the necessary support that enables adults with disabilities to participate fully in senior centers.

Fees:	None
Eligibility:	Developmentally disabled over 50
Area Served:	San Francisco County
Application:	By phone
Languages:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 38 Geary, 38L Geary, 29 Sunset, 31 Balboa
Funding:	Golden Gate Regional Center

GOLDEN GATE SENIOR SERVICES
Richmond Senior Center
6221 Geary Boulevard
San Francisco, CA 94121

Phone(s):
(415) 752-6444

Days & Hours:
Mon. - Fri., 9-4

Person in Charge:
Nicholas Lederer, Executive Director

Services:
A multiservice senior center which provides information and referral, current events, tap dance, exercise, Fast Passes, movies, social activities, painting and ceramics, hot meals, tax assistance and calligraphy. Serves a noon lunch. Special attention paid to the frail, handicapped and developmentally disabled seniors.

Fees: Suggested donation for lunch, $1.25

Eligibility: Age 60 or over, disabled

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Cantonese

Accessibility: Wheelchair accessible

Transportation: MUNI - 38 Geary, 38L Geary, 29 Sunset, 31 Balboa

Funding: City, county (Commission on the Aging)

GOLDMAN INSTITUTE ON AGING
UCSF/Mount Zion Center on Aging
Alzheimer's Day Center
3600 Geary Blvd.
San Francisco, CA 94118

Phone(s):
(415) 750-5330

Days & Hours:
Mon. - Fri., 8:30-5:00 (Office)

Person in Charge:
Ann Blick-Hamer, Director

Services:
Offering nursing and social work services, this program is devoted to persons with memory loss. Structured and interactive activities help avert nursing home placement by maximizing mental and physical abilities. Support groups and respite for caregivers are provided. Noon meal and transportation included. Program operates six days a week.

Fees:	Vary according to income, Medi-Cal, veterans' benefits, private insurance accepted
Eligibility:	Disabled, frail elderly or adult at risk of being institutionalized. Must be a resident of area served (exceptions granted in certain circumstances)
Area Served:	San Francisco County, primarily the Western Addition, Inner Richmond, Haight and Marina districts
Application:	Apply by phone
Languages:	Tagalog, Chinese (Cantonese & Mandarin), Basque, Russian, Spanish
Accessibility:	Wheelchair accessible
Transportation:	Paratransit transportation provided
Funding:	Medi-Cal, grants, fees, donations

GOLDMAN INSTITUTE ON AGING
UCSF/Mount Zion Center onAging
Artworks
3330 Geary Boulevard, 2nd Floor
San Francisco, CA 94118

Phone(s):
(415) 750-4187

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Jeff Chapline, Director

Services:
Provides resources, education and expertise in a wide range of creative arts to facilitate on-going, meaningful activities and lessen the isolation of homebound elderly. These activities aid in alleviating depression, which left unchecked can lead to increased immobility and a worsening of the person's medical condition. Creative activities include a multidisciplinary approach involving theatre performance, music-songwriting, visual art, video and poetry. Also serves 12 Adult Day Health Centers throughout San Francisco.

Fees: Sliding scale

Eligibility: Age 60 or over

Area Served: San Francisco County

Application: Call for information packet

Languages: Japanese, Spanish, French, Chinese

Accessibility: n/a (service happens out in the field)

Transportation: n/a

Funding: State (California Arts Council), grants, donations, fees

GOLDMAN INSTITUTE ON AGING
UCSF/Mount Zion Center on Aging
Community and Professional Education
3330 Geary Blvd., 2nd Floor
San Francisco, CA 94118

Phone(s):
(415) 750-5342
(415) 750-4179 Fax

Days & Hours:
Mon. - Fri., 8:30-5:00 (Office)

Person in Charge:
Carol Allen, MA, Director

Services:
The community education program is designed to inform older adults and caregivers about critical health issues. Its goal is to provide up-to-date information so elders can make informed decisions about their health and well-being.

Fees:	None
Eligibility:	Anyone interested in the topics presented
Area Served:	San Francisco, Bay Area
Application:	Register for announced program by phone or registration card
Languages:	None
Accessibility:	Wheelchair accessible
Transportation:	Locations vary with programs
Funding:	Mount Zion Health Systems, Educational grants

GOLDMAN INSTITUTE ON AGING
UCSF/Mount Zion Center on Aging
Comprehensive Outpatient Rehab Facility (CORF)
3600 Geary Boulevard
San Francisco, CA 94118

Phone(s):
(415) 750-5320

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Ann Blick-Hamer, Director

Services:
CORF provides a combination of rehabilitation services delivered by geriatric rehabilitation specialists, and supervised by a geriatric rehabilitation physician. The rehab team carefully evaluates and develops a plan of care unique to the needs of each patient, to help each individual regain and maintain function at his or her highest level. The plan teaches patients and their families how to maintain strength and mobility once therapy is concluded. The plan may include physical, occupational or speech therapy, skilled nursing care, social or psychological services. The services are available five days per week, depending on the individual's needs.

Fees: The CORF program is covered by Medicare and private insurance

Eligibility: Any disabled older adult whose condition can be improved with therapy is eligible

Area Served: San Francisco County

Application: Apply by phone

Languages: Basque, Tagalog, Russian, Spanish, Chinese (Mandarin, Cantonese)

Accessibility: Wheelchair accessible

Transportation: Available by arrangement

Funding: Goldman Institute on Aging, Medicare, fees, donations

GOLDMAN INSTITUTE ON AGING
UCSF/Mount Zion Center on Aging
ElderPlan
3330 Geary Blvd., 2nd Floor
San Francisco, CA 94118

Phone(s):
(415) 750-4130
(415) 750-4136 Fax

Days & Hours:
Mon. - Fri., 8:30-5:00

Person in Charge:
Anne Hinton, Program Director

Services:
Professional staff provides care management services to older adults concerned about maintaining safety and independence in their homes. This fee-for-service program offers comprehensive assessment, careplanning, service arrangement and monitoring of the older person's needs. Services that can be arranged include homemaker assistance, financial management, alternative living options, and coordination of medical and social supports. The program also provides consultation to family members of older adults concerning how to best provide caregiving assistance.

Fees:	Initial assessment: $225.00 On-going hourly rate: $55.00
Eligibility:	Older adult or their family
Area Served:	San Francisco and other Bay Area counties
Application:	Vary according to service
Languages:	Can work with translators
Accessibility:	Elevator, wheelchair accessible/restrooms
Transportation:	MUNI - 1 California, wheelchair accessible/restroom
Funding:	(Private non-profit) Federal, state, private sources, fees

GOLDMAN INSTITUTE ON AGING
UCSF/Mount Zion Center on Aging
Geriatric Mental Health Program
1710 Scott Street, 2nd Floor
San Francisco, CA 94115

Phone(s):
(415) 885-7415
(415) 885-7439 Fax

Days & Hours:
Mon. - Fri., 8:30-6:30

Person in Charge:
Jess H. Ghannam, Ph.D, Director

Services:
A multidisciplinary team of professionals offers testing, diagnosis, intervention and psychotherapy for older individuals who have depression, anxiety, sleep disorders or other psychological problems. Staff members are available for consultations to primary care physicians and support to caregivers.

Fees: Medicare, sliding scale/co-pay

Eligibility: 55 and older

Area Served: Greater San Francisco Bay Area

Application: Call for an appointment

Languages: Russian

Accessibility: Wheelchair accessible, can do home visits

Transportation: N/A

Funding: (Private, Non-profit), state, federal, fees

GOLDMAN INSTITUTE ON AGING
UCSF/Mount Zion Center on Aging
Linkages Program
3626 Geary Boulevard
San Francisco, CA 94118

Phone(s):
(415) 750-4141

Days & Hours:
Mon. - Fri., 8-4:30

Person in Charge:
Anne Hinton, Program Director

Services:
Serves frail elderly and functionally impaired adults at risk of institutionalization, but not so impaired as to require immediate placement. Provides information and referral on community-based long-term care, assessment, case management, and service coordination with a limited option to purchase needed services in special cases.

Fees:	None. Donations accepted
Eligibility:	Frail, elderly or functionally disabled adults age 18 or over at risk of institutionalization. Does not serve individuals who are eligible for services under the Department of Developmental Services
Area Served:	San Francisco County
Application:	Waiting List
Languages:	Italian, others by arrangement with an interpreter
Accessibility:	Clients are seen in their own homes or elsewhere. Anyone coming directly to office can be accommodated, call first
Transportation:	MUNI - 38 Geary (stops in front of building)
Funding:	State, donations, fees

GOLDMAN INSTITUTE ON AGING
UCSF/Mount Zion Center on Aging
On Lok SeniorHealth by IOA/UCSF
3600 Geary Blvd.
San Francisco, CA 94118

Phone(s):
(415) 750-5320 Administration
(415) 447-1000 Enrollment Information
(415) 750-5323 Fax

Days & Hours:
Mon. - Fri., 8-4:30

Person in Charge:
Ann Blick-Hamer, Director

Services:
A comprehensive health plan that serves frail elderly with multiple medical problems, physical disabilities or memory impairments, SeniorHealth offers an alternative to nursing homes for those people who prefer to remain in the community. Following assessment, an interdisciplinary team meets all healthcare needs through medical and nursing services, physical, occupational and speech therapy, in-home support, counseling, social and recreational services, transportation and meals. Services are provided in the IOA's On Lok SeniorHealth licensed day health center, the participants' homes, sheltered housing, participating hospitals and nursing homes.

Fees: Medicare, Medi-Cal and private pay

Eligibility: Frail elderly, age 55 or over, resident of area served

Area Served: San Francisco

Application: Apply by phone. Appointment necessary, call (415) 447-1000

Languages: Filipino (Tagalog), Chinese (Cantonese & Mandarin), French, Italian, Portuguese, Russian, Spanish

Accessibility: Wheelchair accessible/restroom, vans with wheelchair lifts, special parking, carry-chair service

Transportation: On Lok SeniorHealth can arrange for transportation

Funding: State, Federal

GOLDMAN INSTITUTE ON AGING
UCSF/Mount Zion Center on Aging
Ruth Ann Rosenberg Adult Day Health Center (ADHC)
3600 Geary Boulevard
San Francisco, CA 94118

Phone(s):
(415) 750-5350

Days & Hours:
Mon. - Fri., 8-5 (Office)

Person in Charge:
Ann Blick-Hamer, Director

Services:
An Adult Day Health Center which provides special nursing and rehabilitation services in addition to social and recreational activities to adults with chronic illnesses and disabilities. Also provides respite to families responsible for their care. An individualized treatment plan is developed for each participant, the plan may include nursing, occupational, physical or speech therapy, social work, nutrition counseling, medication instruction, exercise, assistance with personal hygiene, recreational and social activities and noon time meals. The services are provided two to six days per week depending upon the individual's needs.

Fees: Vary according to income, Medi-Cal, veterans' benefits, private insurance accepted

Eligibility: Disabled, frail elderly or adult at risk of being institutionalized. Must be a resident of area served (exceptions granted in certain circumstances)

Area Served: San Francisco County, primarily the Western Addition, Inner Richmond, Haight and Marina districts

Application: Apply by phone

Languages: Basque, Tagalog, Russian, Spanish, Chinese (Mandarin, Cantonese)

Accessibility: Wheelchair accessible

Transportation: Paratransit transportation provided

Funding: Medi-Cal, grants, fees, donations

GOLDMAN INSTITUTE ON AGING
UCSF/Mount Zion Center on Aging
San Francisco Consortium for Elder Abuse Prevention
3330 Geary Boulevard, 2nd Floor East
San Francisco, CA 94118

Phone(s):
(415) 750-4188

Days & Hours:
Mon. - Fri., 8-4:30

Person in Charge:
Lisa Nerenberg, Director

Services:
Offers elder abuse case consultation, in-service training for agency staff, information dissemination and multidisciplinary case review. Provides public education about elder abuse to the community.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County, nationwide for consultation

Application: Apply by phone

Languages: None

Accessibility: Elevator, wheelchair accessible/restroom

Transportation: MUNI - 38 Geary, 33 Ashbury

Funding: Grants, San Francisco Commission on the Aging

GOLDMAN INSTITUTE ON AGING
UCSF/Mount Zion Center on Aging
San Francisco Multipurpose Senior Services Program (MSSP)
3626 Geary Boulevard
San Francisco, CA 94118

Phone(s):
(415) 750-4141
(415) 750-4196 Fax

Days & Hours:
Mon. - Fri., 8-4:30

Person in Charge:
Anne Hinton, Program Director

Services:
Provides case management to help prevent or delay institutionalization of frail elderly. Service includes a health and psychological assessment with a reassessment every year or more often if indicated, coordination of services with a minimum of a monthly contact to ensure adequate and appropriate service delivery. Will purchase other services including translation based on client need, and program budget.

Fees:	None
Eligibility:	Age 65 or over, Medi-Cal eligible, certified or certifiable for skilled nursing or intermediate care facility placement
Area Served:	San Francisco County
Application:	Apply by phone
Languages:	Chinese (Cantonese, Mandarin), Russian, Spanish, Tagalog
Accessibility:	Clients are seen in their own homes or elsewhere. Anyone coming directly to office can be accomodated, call first
Transportation:	MUNI - 38 Geary (stops in front of the building)
Funding:	State (Department of Aging), federal

GOLDMAN INSTITUTE ON AGING
UCSF/Mount Zion Center on Aging
Senior Information Line (IC&R)
3330 Geary Boulevard, 2nd Floor
San Francisco, CA 94118

Phone(s):
(415) 750-4130
(415) 750-4136 Fax

Days & Hours:
Mon. - Fri., 8:30-5

Person in Charge:
Anne Hinton, Program Director

Services:
Provides information, counseling and referral for older persons and their families. Social workers on staff answer a wide variety of questions by phone.

Fees:	Vary according to income and service required
Eligibility:	Older persons and their families
Area Served:	San Francisco and other Bay Area counties
Application:	Vary according to service
Languages:	Can arrange translation in Spanish, Chinese (Cantonese & Mandarin), and Russian
Accessibility:	Elevator, wheelchair accessible/restroom
Transportation:	MUNI - 1 California, 2 Clement, 38 Geary
Funding:	(Private non-profit) Federal, state, private sources, fees

GRANDPARENTS WHO CARE
One Rhode Island Street
San Francisco, CA 94103

Phone(s):
(415) 865-3042
(415) 865-3099 Fax

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Josephine Grant, Program Director
Jessie McElroy, Program Coordinator

Services:
Provides six support groups for grandparents/relative caregivers who are raising their grandchildren because of the substance abuse, incarceration, neglect, or death of the parent. Monthly workshops are held on various topics, ranging from grief and loss to custody issues. Recreation and social activities are also planned for the children and relative caretakers. Limited respite is also provided

Fees:	None
Eligibility:	Grandparent/relative caregiver
Area Served:	San Francisco County - Mission, OMI, Bayview-Hunter's Point, Visitacion Valley and Western Addition
Application:	By phone or in person. No appointment necessary
Languages:	Spanish
Accessibility:	Wheelchair lifts, support groups are held in accessible buildings
Transportation:	MUNI - 19 Polk
Funding:	Foundation grants, donations, city

GRAY PANTHERS
San Francisco Chapter
1182 Market Street, Suite 203
San Francisco, CA 94102

Phone(s):
(415) 552-8800

Days & Hours:
Daily, 11-1
Other times vary; answering machine takes messages

Person in Charge:
Agnes Batteiger & Rebecca Hirschliefer, Co- Conveners

Services:
An intergenerational organization involved in public education and advocacy about a variety of social issues. Organizes around world peace, health care, housing, social security, Medicare and ageism. Offers cooking demonstrations on how to prepare inexpensive and nutritious meals. Encourages people of all ages to become members.

Fees: Annual membership $20, no one turned away for lack of funds. Fee includes subscriptions to local and national newsletters and position papers

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply for information by phone, application is included

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines, BART - Civic Center Station

Funding: Donations, dues, grants

HEARING SOCIETY FOR THE BAY AREA, INC.
870 Market Street, Suite 330
The Flood Building
San Francisco, CA 94102

Phone(s):
(415) 693-5870 Voice
(415) 863-2550 TDD

Days & Hours:
Mon. - Fri., 8:30-12, 1-5

Person in Charge:
David Bracker, Executive Director
Jerome L. Friedman, Director of Audiology
Helen Luey, Director of Social Work

Services:
Provides information and referral on hearing, hearing loss, deafness, and hearing conservation for the general public. Services include information and referral, audiological counseling, social work and mental health services, individual and group counseling for hard of hearing and deaf youth and their families, classes in hearing loss and communication. Provides hearing aids on loan and counseling on coping with hearing loss. Offers a hearing-vision program for people with dual disability. Speakers and literature are available (some materials in foreign languages). Offers outreach services to schools, senior centers, employers, including hearing screenings by professionals. Assistive Device demonstrations and sales. Programs for people with HIV/AIDS related hearing loss.

Fees:	Vary according to income for counseling or classes. $90 processing fee for hearing aid loan
Eligibility:	Resident of area served
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo and Sonoma Counties
Application:	Apply by phone
Languages:	American Sign, Spanish, Tagalog, Chinese
Accessibility:	Convenient parking, wheelchair accessible, interpreter for the deaf
Transportation:	MUNI - Market Street lines, MUNI Metro/BART- Powell Street Station
Funding:	United Way, grants, donations

HOUSING RIGHTS COMMITTEE, The
115 Jones Street
San Francisco, CA 94102

Phone(s):
(415) 749-3700

Days & Hours:
Mon. - Tues., 2-7
Wed & Thurs., 2-5
Drop-in & Phone Counseling

Person in Charge:
Marie Ciepiela, Director

Services:
Provides general information on landlord-tenant rights and responsibilities including repairs, maintenance, rent increases, evictions and Rent Board hearings. Helps organize tenant associations.

Fees: None for clinics or counseling. Voluntary membership fees vary according to income

Eligibility: No requirements

Area Served: San Francisco County

Application: Monday and Tuesday, 2:00 - 7:00 pm, Wednesday and Thursday 2:00 - 5:00 pm, phone and drop-in counseling

Languages: Spanish (by arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - Metro (Civic Center Station), 7 Haight, 71 Noriega, 6 Parnassus, 9 San Bruno, 19 Polk. BART (Civic Center Station)

Funding: Donations, foundations, some city funding

IHSS PUBLIC AUTHORITY OF SAN FRANCISCO
942 Market Street, Suite 509
San Francisco, CA 94102

Phone(s):
(415) 981-4477
(415) 981-4479 Fax
(415) 981-4478 TDD

Days & Hours:
Mon. - Fri., 8:30-5

Person in Charge:
Donna Calame, Director
Charles Calavan, Program Director

Services:
A public agency that recruits home care workers and operates a registry service matching workers with In-Home Supportive Services consumers. Participates with other communtiy agencies, labor and consumer groups in planning and advocacy to improve the in-home care service system; facilitates the availability of training for workers and consumers.

Fees: No charge

Eligibility: Consumers must be eligible for IHSS. Workers must pass screening to be listed on registry

Area Served: San Francisco County

Application: Workers may apply by phone or pick up application at office. Consumer apply by phone

Languages: English, Spanish, Tagalog, Chinese dialects. Other languages by arrangement

Accessibility: Accessible office, elevator and restrooms

Transportation: MUNI - Accessible bus lines on Market, 26 (to Jessie), 27 (on 5th St.), 14 (on Mission), 71 Noriega (on Market), 9 San Bruno, and 31 Balboa. Closest MUNI Metro/BART is Powell Street station

Funding: By contract administered by San Francisco Department of Human Services (federal, state and county funds)

INCOME RIGHTS PROJECT
333 Valencia Street, #45
San Francisco, CA 94103

Phone(s):
(415) 431-9771

Days & Hours:
Mon. - Wed., 9-12, 1-3
Thurs., 9-1

Person in Charge:
Orelia Langston, Executive Director

Services:
Provides representation and counseling about legal rights for people who have been denied or terminated from AFDC, food stamp, or Medi-Cal. Advocates for social and other related services on behalf of low-income families.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in Monday or Wednesday or phone for appointment

Languages: Chinese, Spanish, Vietnamese (By arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - Mission Street lines, 26 Valencia, BART - 16th Street Station

Funding: Donations

INDEPENDENT HOUSING SERVICE (IHS)

995 Market Street, Suite 408 (6th Street)
San Francisco, CA 94103

Phone(s):
(415) 543-8286 Voice
(415) 543-4410 Fax

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Ron Bedford, Executive Director

Services:
Assists low-income residents of San Francisco seek or maintain permanent housing. The Clearinghouse maintains listings of affordable housing vacancies in San Francisco. The Home Access Modification Program helps disabled, or frail seniors modify housing to improve accessibility. Offers architectural services to developers, property owners, and contractors who wish to make their property accessible to disabled persons.

Fees:	None except for architectural assistance for clients who are not low income
Eligibility:	Low income, physically disabled, or senior, age 60 or over
Area Served:	San Francisco County
Application:	Apply by phone. Appointment necessary
Languages:	Spanish
Accessibility:	Elevator, ramp, wheelchair accessible/restrooms
Transportation:	MUNI - Market Street lines. MUNI Metro/BART - Powell Street station
Funding:	City, donations, federal

INDEPENDENT LIVING RESOURCE CENTER
70 - 10th Street (Market)
San Francisco, CA 94103

Phone(s):
(415) 863-0581 Voice
(415) 863-1367 TDD
(415) 863-1178 Chinese
(415) 863-1082 Spanish

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Kathy Uhl, Director
Herb Levine, Program Services Coordinator

Services:
An independent living resource center which provides services for disabled persons of any age. Offers advocacy and financial benefits counseling about Social Security, SSI and other government income programs. Offers peer counseling, peer counseling training and support groups. Offers self-advocacy skills workshops. Recruits, trains and refers persons to those who need personal care and household chores. Provides assistance to disabled persons on how to hire an attendant. Housing referral, information about housing options. Also provides information and referral, and voter registration. Technical assistance is provided to institutions concerned with access. Offers sensitivity workshops for businesses and social service agencies. Self employment workshops. Advocacy on individual access issues, housing and employment discrimination. American Disability Act (ADA) education.

Fees: Vary according to income and service. Most services free

Eligibility: Disabled persons

Area Served: San Francisco County

Application: Apply by phone

Languages: American Sign Language, Spanish, Chinese

Accessibility: Wheelchair accessible

Transportation: MUNI - Mission and Market Street lines. MUNI Metro - Van Ness Station. BART - Civic Center Station

Funding: City, state, federal, grants, donations, fees

INGLESIDE SENIOR CENTER
1345 Ocean Avenue (Granada)
San Francisco, CA 94112

Phone(s):
(415) 337-8211

Days & Hours:
Mon. - Fri., 9-2:15

Person in Charge:
Reverend Roland Gordon, Host Agency Director
Vicente Murcia, Site Coordinator

Services:
A Senior Center which provides hot nutritious lunch for seniors, weekdays at noon. Also provides recreational activities, arts and crafts, nutrition education, movies and field trips.

Fees:	$1.25 donation for lunch
Eligibility:	Age 60 or over
Area Served:	San Francisco County, primarily Ingleside District
Application:	Walk in or apply by phone
Languages:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - K Ingleside, 29 Sunset
Funding:	Salvation Army, city (Commission on the Aging)

IN-HOME SUPPORTIVE SERVICES CONSORTIUM
1370 Mission Street, 2nd Floor
San Francisco, CA 94103

Phone(s):
(415) 255-2079
(415) 255-0679

Days & Hours:
Mon. - Fri., 8:30-5

Person in Charge:
Margaret Baran, Executive Director
Constance Revore, MSSW, Program Manager

Services:

Offers a continuum of community based long-term care services to at-risk vulnerable older and disabled persons whose primary service need is the provision of in-home non-medical personal care. The IHSS Consortium through a contract with the San Francisco Department of Human Services recruits, trains, and places in-home care workers to provide personal care services to older and disabled person in their home as prescribed by the Department. Through an innovative consortium model, a "single point" access to a continuum of services for low-income persons has been established which expand availability of services to the client. The program incorporates a case management component comprised of case managers from other agencies working with the client to develop a care plan. Seven community-based service organizations including Mission Neighborhood Centers, Self-Help for the Elderly, Bayview Hunters Point Senior Services, Kimochi, Inc., Western Addition Senior Citizens Services Center, North of Market Senior Services, and Jewish Family and Children's Services, provide the specific case management and continuum of services system which ensure the continuity and coordination of services to clients in the system.

This network offers a key provision of the service system which is the ethnic-specific service capacity. The bilingual and bi-cultural services offered to the Chinese, Japanese, Russian, and Latino clients, breaks down many of the long standing institutional barriers to services confronting minority clients. The underpinning principal of in-home supportive services has been to prevent institutionalization and to enhance the quality of life for older and disabled persons; however, the in-home care has always been a single service agency system which does not provide an individual with access to other needed services. With the inception of the consortium model and the awarding of a contract to the IHSS Consortium, a full service continuum model has been created which reduces the fragmentation of services and ensures that a client will receive needed services that undergird the in-home care without having to go from one agency to another. Each agency can provide a variety of services or can readily utilize the services of other network agencies through the IHSS case manager hired in each of the seven Consortium agencies. This system is a response to the need to provide "one-stop" service access.

Fees:	None
Eligibility:	Meet Department of Human Services, In-Home Supportive Services requirements
Area Served:	San Francisco County
Application:	Department of Human Services
Languages:	Consortium member agencies speak Chinese, Japanese, Spanish, Russian
Accessibility:	Clients served in their homes
Transportation:	MUNI - Mission & Market Buses, BART
Funding:	San Francisco Department of Human Services

INTERNATIONAL INSTITUTE OF SAN FRANCISCO
2209 Van Ness Avenue (Broadway)
San Francisco, CA 94109

Phone(s):
(415) 673-1720

Days & Hours:
Mon. - Thurs., 8:30-5

Person in Charge:
Margi Dunlap, Executive Director

Services:
Provides services for immigrants, refugees, and non-English speaking persons including multilingual, multicultural counseling, information and referral, English tutoring, legal and immigration assistance. Legal services include assisting with immigration applications, obtaining documents, fingerprinting and legalization appeals as necessary.

Fees: Legal services and one-to-one tutoring vary according to income. None for other services

Eligibility: No requirements

Area Served: San Francisco and San Mateo Counties

Application: Apply by phone or walk in Monday to Thursday from 1-4 pm for legal services. Walk in or apply by phone for other services

Languages: Cambodian, Chinese (Cantonese, Mandarin), Filipino (Tagalog), French, Italian, Lao, Portuguese, Russian, Spanish, Vietnamese

Accessibility: Not wheelchair accessible at this time. Staff will arrange a site of mutual convenience which is accessible

Transportation: MUNI - Van Ness lines. Golden Gate Transit

Funding: State, federal, county, fees, donations

ITALIAN-AMERICAN COMMUNITY SERVICES AGENCY

(formerly Italian Welfare Agency)
678 Green Street (Between Columbus & Powell)
San Francisco, CA 94133

Phone(s):
(415) 362-6423
(415) 36-AMICI
(415) 362-3565 Fax

Days & Hours:
Mon. - Fri., 9-12, 1-5

Person in Charge:
Anna Maria Pierini, Executive Director

Services:
Provides case management, information and referral, in-home support care referrals, home visits, volunteer companionship and interpreting to individuals and families of Italian descent. Limited financial assistance is also available for persons with special needs or whose needs are not met through other channels of assistance.

Fees:	None
Eligibility:	Italian-American origin or born in Italy
Area Served:	Alameda, Contra Costa, Marin, Sonoma, San Francisco, and San Mateo Counties
Application:	Walk-in or apply by phone
Languages:	Italian, Spanish
Accessibility:	Wheelchair accessible elevator
Transportation:	MUNI - 15 Third, 30 Stockton, 45 Greenwich, 41 Union
Funding:	Donations

JAPANESE NEWCOMERS SERVICES
Nobiru Kai, Inc.
1840 Sutter Street, Suite 205 (Webster)
San Francisco, CA 94115

Phone(s):
(415) 922-2033

Days & Hours:
Tues. - Fri., 1-5

Person in Charge:
Yoshiko Kitawaki, Director

Services:
Provides bilingual social services primarily for Japanese, including translation and interpretation. Drop-in center provides employment, housing, and educational information and referral as well as cultural, educational and recreational activities. Monthly Used-Japanese book sale. A community board lists job openings, housing information and educational opportunities in Japanese. Publishes a monthly event calendar.

Fees: None

Eligibility: No requirements

Area Served: Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties

Application: Walk in or apply by phone

Languages: Japanese

Accessibility: Wheelchair accessible

Transportation: MUNI - 2 Clement, 3 Jackson, 4 Sutter

Funding: Membership, donations

JEWISH COMMUNITY CENTER, SAN FRANCISCO
Montefiore Senior Center
3200 California Street (Presidio)
San Francisco, CA 94118

Phone(s):
(415) 292-1266

Days & Hours:
Mon.-Thurs., 8:30-5:30
Fri., 8:30-4:30
Sun., 10-2

Person in Charge:
Ada Burko, Director, Montefiore Senior Center

Services:
A multiservice senior center for persons age 55 or over which provides trips and outings, exercise and swimming, health and nutrition, medical screening, extensive visual and performing arts programs, writing and literature classes, volunteer services, legal assistance, information and referral, a singles and couples club. Also offers a Social Day Care program for adults on Monday, Wednesday and Friday from 10-1. Van transportation can be arranged. The Nutrition Project provides 100,000 congregate lunches from a certified kosher kitchen to various sites throughout the City. Lunches are also delivered to frail seniors' homes.

Fees: Vary according to service. Lower fees for members

Eligibility: Some programs require membership, membership is open to anyone. Montefiore Senior Center - age 55 or over

Area Served: San Francisco County, Daly City

Application: Walk in, apply by phone or mail

Languages: French, German, Hebrew, Russian, Yiddish

Accessibility: Special parking, elevator, ramp, wheelchair accessible/restroom

Transportation: MUNI - 4 Sutter, 1 California, 3 Jackson, 43 Masonic. Agency van provides transportation for the frail

Funding: United Way, Jewish Community Federation, Commission on the Aging, donations, memberships

JEWISH FAMILY AND CHILDREN'S SERVICES
L'Chaim: Senior Center
751 - 25th Avenue (Balboa)
San Francisco, CA 94121

Phone(s):
(415) 386-0664

Days & Hours:
Mon. - Thurs., 9-5:30

Person in Charge:
Linda Solomon, Director

Services:
A multipurpose center for frail Russian-speaking Jewish elderly offering a variety of educational, social and religious experiences. A wide range of classes, special events and lectures are provided by bilingual staff and consultants to meet the specific needs of this population. Paratransit transportation services available for participants unable to independently provide transportation or unable to obtain family assistance. Provides lunch, and special holiday and special event meals. Participants attend either one, two or three days per week from 10-3.

Fees: $20 annual membership fee, $1.25 meal donation, $4.50 per month transportation, $5 per month family donation

Eligibility: Frail Russian Jewish emigres

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Languages: Russian, Yiddish

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 1 California, 31 Balboa, 38 Geary. Van transportation can be arranged

Funding: Jewish Family and Children's Services, Jewish Community Federation, Mount Zion Hospital, San Francisco Jewish Community Center

JEWISH FAMILY AND CHILDREN'S SERVICES
(Personal Affairs Management Program)
1600 Scott Street
San Francisco, CA 94115

Phone(s):
(415) 567-8860
(415) 922-5938 Fax

Days & Hours:
Mon. - Fri., 8:30-5

Person in Charge:
Anita Friedman, Executive Director
Jean Tokarek, Coordinator

Services:
Provides personal affairs management for Jewish and non-Jewish elders who need assistance with management of their day to day finances. Services include bill paying, check depositing, medical claims processing, tax management or referral and budget counseling. The objective of the program is to reduce client's vulnerability to financial abuse and allow them to remain in their home as long as possible. Services are provided within a continuum of authority ranging from 'no authority' to conservatorship and durable Power of Attorney.

Fees: $60/hour; subsidies available for Jewish clients who do not have ability to pay

Eligibility: San Francisco or San Mateo County resident; no age or religious affiliation requirements

Area Served: San Francisco and San Mateo Counties

Application: Apply by phone

Languages: None

Accessibility: Not necessary for service

Transportation: MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter, 24 Divisadero, 38 Geary

Funding: Donations, fees

JEWISH FAMILY AND CHILDREN'S SERVICES

Senior Services
1600 Scott Street (Post)
San Francisco, CA 94115

Phone(s)
(415) 567-8860

Days & Hours:
Mon., Tues., Thurs., Fri., 8:30-5
Wed., 8:30-7:30

Person in Charge:
Anita Friedman, Executive Director
Eileen Goldman, Supervisor, Senior Services

Services:
Provides comprehensive services which enable Jewish elderly to live in the community independently. Services include case management, counseling to seniors and their families, information and referral, volunteer friendly visitors and case aides, a nursing home outreach program, a Tenderloin Outreach Program, a professional speakers' bureau, a caregiver support group, Adult Children of Aging Parents support group, home visitation, home care services, transportation escort services to medical appointments and grocery shopping, telephone reassurance, home care referrals, and a widow-widower outreach program. Provides case management for seniors recently discharged from hospitals who still need support services. Elderlink offers case management for seniors whose families live out of town. Help at Home provides in-home support services including home care attendants and companions, home delivered meals and personal affairs management.

Fees: Vary according to income. Private insurance accepted

Eligibility: Age 60 or over

Area Served: Marin, San Francisco, San Mateo and Sonoma Counties

Application: Walk in, apply by phone or mail. Referral necessary from health care professional or family. Appointment needed for counseling

Languages: German, Sign, Spanish, Yiddish

Accessibility: Ramp/interpreter for the deaf available

Transportation: MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter, 38 Geary, 24 Divisadero

Funding: Grants, United Way, Jewish Comm. Federation, donations, fees

JEWISH HOME FOR THE AGED
302 Silver Avenue (Mission)
San Francisco, CA 94112

Phone(s):
(415) 334-2500

Days & Hours:
Mon. - Fri., 8:30-5

Person in Charge:
Jerry A. Levine, Executive Director
Sandra P. Epstein, PhD, Administrator

Services:
A private, non-profit licensed long-term care skilled nursing facility which provides comprehensive geriatric services to chronically ill or physically, mentally or psychologically impaired Jewish seniors. Services include medical/nursing care, with emphasis on prevention as well as treatment social services, dietary programs including kosher meals, daily social, recreational, cultural, and religious programs, and personal services such as housekeeping and laundry. Clinical units in audiology, dentistry, dermatology, ophthalmology, optometry, podiatry, and x-ray are on the premises. Special treatment programs at the Jewish Home include an Acute Gero-pychiatric Unit, a unit specifically designed for residents with Alzheimer's disease and related illnesses, short term rehabilitative services following an acute hospitalization, and the Fannie L. Morris Adult Day Center for frail Jewish elderly (described separately).

Fees:	Vary according to income and service. Medicare, Medi-Cal accepted
Eligibility:	Jewish seniors age 65 or over, resident of area served
Area Served:	Marin, San Francisco, San Mateo, Santa Clara Counties
Application:	Apply by phone. Appointment necessary
Languages:	German, Hebrew, Russian, Spanish, Yiddish
Accessibility:	Special parking, elevator, ramp, wheelchair accessible/restroom, phones
Transportation:	MUNI - 44 O'Shaughnessy, Mission Street lines
Funding:	Jewish Community Federation, United Way, donations, fees

JEWISH HOME FOR THE AGED
Fannie L. Morris Adult Day Care Center
302 Silver Avenue (Mission)
San Francisco, CA 94112

Phone(s):
(415) 469-2252

Days & Hours:
Mon. - Fri., 8:30-5 (Office)
Mon. - Fri., 10-3 (Program)

Person in Charge:
Mary Steinhauer, PHN, Program Director

Services:
A daily activity center for physically, mentally and emotionally disabled senior citizens Participants are generally age 60 or over and attend one to five times weekly on a regular schedule. Fee includes transportation, one kosher meal daily, including specialized diets, and some health care services. Activities include discussion groups, physical exercises, art and musical programs. Social services, health services including physical therapy, dentistry, podiatry, ophthalmology, nursing and personal care services are provided according to individual needs.

Fees: Vary according to income and expenses, from $11 - $58 per day

Eligibility: Jewish, age 60 or over, physically, mentally or emotionally disabled, resident of area served

Area Served: San Francisco County, San Mateo County

Application: Apply by phone. In an initial interview, staff meet with the prospective participant or a family member to evaluate the person's needs and to work out financial arrangements. Initial interview can take place in the prospective participant's home or the day care center

Languages: Russian

Accessibility: Special parking, elevator, ramp, wheelchair accessible/restroom

Transportation: MUNI - 44 O'Shaughnessy, Mission Street lines, 51 Silver. Door-to-door transportation available for participants residing in San Francisco County and northern Daly City

Funding: Grants, donations, fee

KAISER PERMANENTE MEDICAL CENTER
2200 O'Farrell Street (Medical Office Building)
2425 Geary Boulevard (Hospital)
San Francisco, CA 94115

Phone(s):	**Days & Hours:**
(415) 202-2000 Main Number	Always available
Department of Medicine:	
(415) 202-2200 - English	Mon.-Fri., 8-5
(415) 202-2239 - Chinese	(General Clinic available
(415) 202-2203 - Spanish	evenings and weekends)
Customer Service Center/ Health Plan:	
(800) 464-4000 - English	Mon.-Sun., 7am-7pm
(800) 757-7585 - Chinese	
(800) 788-0616 - Spanish	
(415) 202-3530 Social Work Services	Mon.-Sun., 8:30-5
(415) 202-3450 Health Education	Mon.-Fri., 9-5

Person in Charge:
Richard Pettingill, Vice-President & Area Manager
Philip Madvig, M.D., Physician in Chief

Services:
Kaiser Permanente is a nonprofit group practice prepayment plan providing comprehensive health and hospital services to more than 6.6 million voluntarily enrolled members nationwide. Today, Kaiser Permanente is one of the country's largest independent, prepaid group practice health maintenance organization (HMO). Its hallmark is the ability to integrate the elements of health care - physicians, hospitals, home health, support functions, case management and insurance - into a coherent whole. Highlights for seniors include: board-certified Geriatricians, Geriatric Nurse Practitioners, a drop-in health education library, and a full range of support groups.

Kaiser has also been involved in the organization of Senior Centrals in various neighborhoods, and has an active Senior Advisory Council, which represents its diverse membership.

Fees: There are no monthly premiums for members enrolled in the Senior Advantage program

Eligibility: Most services are available to Kaiser health plan members only To enroll in Senior Advantage, members must have Medicare Parts A and B. Other plans are also available (call the Customer Service Center for information)

Area Served: Anywhere in the country where there is a Kaiser facility. In the Northern California region alone, there are over 30 medical office clinics and 15 hospitals

Application: For health plan questions or questions about the Senior Advantage program, please call the Customer Service Center (or visit the center at 2425 Geary Blvd., lobby level)

Languages: All languages spoken (interpreter services available 24 hours a day)

Accessibility: Special parking, elevator, ramp, wheelchair accessible restroom

Transportation: MUNI: 38 Geary, 24 Divisadero, 31 Balboa. Shuttle service available between different buildings and campuses within the medical center. Contact the Transportation Department at 202- 3775 for more information about transportation services and access

Funding: Medicare and health plan membership dues

KIMOCHI, INC.
Japanese American Senior Services
1684 Post Street
San Francisco, CA 94115

Phone(s):
(415) 931-2294 Administration & Transportation
(415) 931-2275 Social Services
(415) 931-2287 Nutrition, Senior Center

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Steve Nakajo, Executive Director

Services:
A multiservice Senior Center provides a variety of services targeting Japanese seniors age 60 or over and their families. Programs include arts and crafts, music, exercise, nutrition education, congregate and home delivered meals, health education, case management, transportation, bilingual information and referral and blood pressure screening. Transportation is provided for recreational mini-trips, social services and doctor appointments. An Adult Social Day Care Program offers all or partial day supervised care including social, recreational and educational activities. The Kimochi Home provides residential and respite care for elderly persons who can no longer remain in their home.

Fees: Vary according to income and service. $1.25 suggested donation for lunch. $.25 (a quarter) for transportation each way

Eligibility: San Francisco resident, age 60 or over. For adult social day care, age 55 or over

Area Served: San Francisco County, primarily Japantown, Western Addition, Richmond, Sunset districts

Application: Walk in or apply by phone

Languages: Japanese

Accessibility: Wheelchair accessible

Transportation: MUNI - 1 California, 38 Geary, 3 Jackson, 2 Clement

Funding: City, county, United Way, donations, fees

KOREAN CENTER, INC.
1362 Post Street (Gough)
San Francisco, CA 94109

Phone(s):
(415) 441-1881

Days & Hours:
Mon - Fri, 8 30-5

Person in Charge:
Youn-Cha S. Chey, PhD, Director

Services:
Offers job training, English as a Second Language, senior and youth programs, and individual and family counseling to low-income limited-English speaking persons. Job training includes English instruction and business skill development, such as typing, word processing, business machines and computer instruction in an intensive 18-week program. Youth programs include counseling, tutorial assistance, college preparation, job referrals, and summer vocational programs. A senior component provides translation and interpretation, lectures, arts and crafts, field trips, socialization, citizenship classes, video tape presentations, information and referral and a meal program. Maintains a Korean resource library and provides cross cultural programs.

Fees: None for most services. Suggested lunch donation $1

Eligibility: No requirements

Area Served: Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties

Application: Walk in or apply by phone

Languages: Japanese, Korean, Russian, Spanish

Accessibility: Wheelchair accessible ramp on ground floor

Transportation: MUNI - 2 Clement, 3 Jackson, 4 Sutter, 38 Geary, Van Ness lines

Funding: County, state, federal

LA CASA DE LAS MADRES
965 Mission Street, Suite 300
San Francisco, CA 94103

Phone(s):	**Days & Hours:**
(415) 333-1515 Crisis	24 hours daily
(415) 777-1808 Business Center/Drop-in Center	Mon. - Fri., 9-5 (0ffice)
	Mon. - Fri., 10-1 (Drop-in)

Person in Charge:
Wenny Kusuma, Executive Director

Services:
A refuge for women and their children who are being physically or emotionally abused, who are being threatened with abuse, or who are at risk of abuse. The shelter provides security, safety, food and clothing in a confidential location. Maximum stay is 8 weeks. Offers individual and group counseling, legal and financial advocacy, tutoring. Also offers evaluation of children, recreational activities, and referrals for long-term services and follow-up. The Domestic Violence Counseling Center is a drop-in center that offers crisis intervention and options counseling as well as ongoing counseling and community support groups for battered women, including former residents. The Center also provides information and referral, food boxes and pantry and clothing. (Can arrange for pick-up of donations).

Fees: None

Eligibility: Victims of domestic violence including physical, emotional, and sexual

Area Served: Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties

Application: Shelter - Intake by phone. Drop-in - phone for appt. or drop in

Languages: Spanish; through use of Multi-Lingual Advocacy Model (MLAM) Program able to serve many languages

Accessibility: Wheelchair accessible

Transportation: (To drop-in center) MUNI - Mission Street lines, 26 Valencia, 27 Bryant. MUNI Metro/BART - Powell Street Station

Funding: Private donations, United Way Workplace Campaign, city (Marriage License Fees, Mayor's General Fund, Community Development Block Grant), state (Emergency Shelter Grant), Office of Criminal Justice Planning

LA RAZA CENTRO LEGAL
474 Valencia Street, Suite 295
San Francisco, CA 94103

Phone(s):
(415) 575-3500

Days & Hours:
Mon. - Fri., 9-12, 1-5

Person in Charge:
Victor Marquez, Executive Director
Sylvia Kennedy, Senior Law Attorney

Services:
The first bilingual community law center in San Francisco's Mission District, Centro Legal provides legal assistance, counseling, direct representation and community education to low-income residents living in the Bay Area. Centro Legal provides service in immigration, citizenship, housing, employment matters as well as senior and youth law. La Raza provides free legal assistance to seniors in the areas of public benefits, housing-landlord/tenant, immigration, consumer fraud, and estate planning. In addition to conducting a weekly clinic for senior citizens in our office, La Raza also provides advice and counsel at five senior centers in San Francisco's Mission and outer Mission District.

Fees: Donation requested. Services free to clients over 60 years of age that reside in San Francisco

Eligibility: Must be a senior, from San Francisco, or low to moderate income person

Area Served: San Francisco and Bay Area

Application: Walk in or apply by phone for appointment

Languages: Spanish

Accessibility: Elevator, wheelchair accessible

Transportation: MUNI - 49 Mission/City College, 14 Mission, 26 Valencia, 22 Fillmore, BART - 16th Street Station

Funding: Grants, donations, Commission on the Aging, CDBG, Department of Justice

LA RAZA INFORMATION CENTER, INC.
474 Valencia Street, Suite 100
San Francisco, CA 94103

Phone(s):
(415) 863-0764
(415) 863-0767
(415) 863-1690 Fax

Days & Hours:
Mon. - Fri., 9-12, 1-4

Person in Charge:
Melba Maldonado, Executive Director

Services:
Provides information and referral services for Spanish-speaking people in nine Bay Area counties. Social worker on staff to help families in need, domestic violence intervention, referrals to youth, elderly programs and family services. Emergency Food Box program, free income tax preparation service. Sliding scale/low cost service for translations, and filling out immigration forms.

Fees: Donations requested for immigration forms, translations and notarization services

Eligibility: No requirements

Area Served: Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara, Napa, Solano and Sonoma Counties

Application: Walk in

Languages: Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - Mission Street lines, 22 Fillmore, 26 Valencia. BART - 16th Street Station

Funding: Grants, donations, fees

LATINO FAMILY ALCOHOLISM COUNSELING CENTER
820 Valencia Street (19th Street)
San Francisco, CA 94110

Phone(s):
(415) 826-6767 Counseling
(415) 826-6774 Fax

Days & Hours:
Mon. - Thurs., 9-6 (Office)
Fri., 9-5 (Office)

Person in Charge:
Leonard Chavez-Smith, Executive Director

Services:
Provides culturally specific services for substance abusers in San Francisco's Mission District. Services provided are as follows: assessments, outpatient counseling for families, individuals and groups, education, consultation; a domestic violence group for men and an SB-38 Multiple Offender Drinking Driver Program.

Fees:	Vary according to income
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Walk in or phone for an appointment
Languages:	Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 33 Stanyan, 26 Valencia, Mission Street lines
Funding:	City, county (Division of Alcohol Programs), client fees

LEGAL ASSISTANCE TO THE ELDERLY, INC.
Health Insurance Counseling and Advocacy Program (HICAP)
1453 Mission Street, 5th Floor (10th Street)
San Francisco, CA 94103

Phone(s):
(415) 861-4444

Days & Hours:
Mon. - Fri., 9-12, 1-5

Person in Charge:
Howard Levy, Director
Corinne Parker, HICAP Program Manager

Services:
Provides legal assistance to seniors including, but not limited to, those with low incomes. Helps with Medicare, Medi-Cal, Social Security, tenant problems, physical abuse, financial abuse, employment, residential care, nursing homes, consumer and debt collection issues. Home, hospital, and nursing home visits are made by appointment. Criminal, immigration, dissolution, separation, probate, bankruptcy and fee generating cases are referred. The Health Insurance Counseling and Advocacy Project (HICAP) utilizes state registered volunteer counselors to provide information, counseling and advocacy to seniors and disabled Medicare recipients and their families regarding Medicare, supplemental health insurance, HMOs and long-term care options. Assists with understanding and evaluating Medicare and supplemental health insurance coverage and filing claims. Advocates for individuals to receive entitled benefits. Home visits are available.

Fees: None

Eligibility: Legal Services: San Francisco resident age 60 or over.
HICAP program: San Francisco resident age 65 or over or disabled Medicare recipient

Area Served: San Francisco County

Application: Apply by phone for appointment or referral

Languages: Chinese (Cantonese, Mandarin), German, Spanish, Russian

Accessibility: Ramp, wheelchair accessible/restroom

Transportation: MUNI - Mission Street, Van Ness lines. MUNI - Metro Van Ness Station. BART - Civic Center Station

Funding: City (Commission on the Aging), State of California (Department of Aging)

LITTLE BROTHERS - FRIENDS OF THE ELDERLY
481 O'Farrell Street (Jones)
San Francisco, CA 94102

Phone(s):
(415) 771-7957

Days & Hours:
Mon. - Fri., 9:30-5:30

Person in Charge:
Lisa Dipko, Coordinator

Services:
A volunteer-based organization providing outreach, advocacy, and companionship to isolated elders in San Francisco. By visiting, socializing, and helping with household tasks, volunteers strive to meet the elders' emotional needs, thereby helping them to remain independent. Little Brothers also sponsors holiday events where volunteers deliver gift packages and visit. The events include: Thanksgiving, Christmas, and Valentine's Day.

Fees: None

Eligibility: Isolated senior age 60 or over

Area Served: San Francisco

Application: Apply by phone or mail

Languages: Tagalog, Russian, Cantonese, Mandarin

Accessibility: N/A

Transportation: Not necessary for service

Funding: Grants, donations

LUTHERAN CARE FOR THE AGING
1031 Franklin Street (O'Farrell)
San Francisco, CA 94109

Phone(s):
(415) 441-7777

Days & Hours:
Mon. - Fri., 9-1

Person in Charge:
Shirley Bryant, Office Manager
Ed Friedemann, Board President

Services:
Provides limited information about services enabling the aged to remain as independent as possible. A very small emergency fund can provide limited financial assistance with housing needs for low-income seniors age 62 or over.

Fees:	None
Eligibility:	None for information pertaining to the elderly. For rent subsidies client must be low income, age 62 or over
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara Counties, statewide
Application:	Contact by social worker only
Languages:	None
Accessibility:	Not necessary for service
Transportation:	MUNI - 38 Geary, Van Ness lines
Funding:	Donations

MARTIN DE PORRES HOUSE
225 Potrero Avenue (16th Street)
San Francisco, CA 94103

Phone(s):
(415) 552-0240

Days & Hours:
Mon., Tues., Thurs., Fri.,
6-7:30 (Breakfast)
Wed. - Sat., 12-3 (Lunch)
Sun., 9-10:30 (Brunch)
Tues., 9-3 (Snack)

Person in Charge:
Barbara Collier, Director

Services:
Provides free meals to anyone in need. Breakfast is served Monday, Tuesday, Thursday and Friday from 6:00 - 7:30 am. Lunch is served Wednesday through Saturday, 12 noon - 3:00 pm. Brunch is served Sunday, 9:00 - 10:30 am. Offers free showers with soap and towel two days per week on a first come, first served basis. The days the showers are offered vary, inquire between 9:00 - 9:30 am. for more information.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - 47 Van Ness, 22 Fillmore, 9 San Bruno, 33 Ashbury

Funding: Donations

MEALS ON WHEELS of San Francisco, Inc.
1375 Fairfax Avenue
San Francisco, CA 94124

Phone(s):
(415) 920-1111

Days & Hours:
Mon. - Fri., 8:30-4:30

Person in Charge:
Richard Lipner, Executive Director

Services:
Home-delivered meals for homebound, mobility-impaired seniors, age 60 or older. Two meals per day for 365 days per year are provided for all clients citywide on a pre-arranged schedule. Meals are delivered hot, chilled, or frozen according to individual client needs. Diabetic, low sodium, or mechanical soft food plans are also available according to need. Nutrition counseling, social work assessment, and volunteer services can be provided.

Fees: Suggested donation $5.00 per day for 2 meals

Eligibility: San Francisco resident, age 60 or older, homebound/disabled

Area Served: San Francisco City & County

Application: Apply by phone

Languages: Some drivers speak Spanish

Accessibility: Not applicable

Transportation: Not necessary for service

Funding: City (Commission on the Aging), Federal (USDA), grants, private donations

MEALS ON WHEELS of San Francisco, Inc.
St. Francis Meal Service
432 Mason Street (Post)
San Francisco, CA 94102

Phone(s):
(415) 392-7463

Days & Hours:
Mon. - Fri., 8-3 (Office)

Person in Charge:
Estela B. Abria, Program Coordinator

Services:
A senior program which provides health, blood pressure and daily exercise, recreational activities, arts and crafts classes, information and referral, legal assistance and supportive services. Also provides nutrition education and a hot nutritionally balanced lunch, Monday - Friday, 11:30-12:30.

Fees:	$1 donation suggested
Eligibility:	Age 60 or over
Area Served:	San Francisco County, primarily Tenderloin District
Application:	Walk in
Languages:	Chinese (Cantonese, Mandarin), Filipino (Tagalog)
Accessibility:	Not wheelchair accessible at this time
Transportation:	MUNI - 2 Clement, 3 Jackson, 4 Sutter
Funding:	City (Commission on the Aging), federal

MISSION NEIGHBORHOOD CENTERS, INC.
362 Capp Street (18th Street)
San Francisco, CA 94110

Phone(s):		**Days & Hours:**
(415) 206-7747	Administration	Mon.- Fri., 9-5
(415) 206-7750	Capp Street Senior Services	Mon.- Fri., 8:30-4:30

Person in Charge:
Santiago Ruiz, Executive Director
Melba Rodela, Community Specialist

Services:
Multi social service centers offering services to preschool children, youth, seniors, families, and groups in the San Francisco Mission District. Capp Street Senior Center encourages seniors (60+) to enjoy their golden years through the provision of community and social services. These services include hot meals, legal aid, in-home supportive services, health screenings and services for the developmentally delayed. Social activities provided include weekend, evening events, and transportation for day field trips. Stimulated are a variety of discussions in the area of nutrition, and a weekly communication hour. A monthly round table discussion surfaces concerns and services the seniors would like to see implemented. If the center is unable to meet needs, it will help connect the person with an appropriate agency or program.

Fees:	Donations are requested
Eligibility:	60 years of age or over
Area Served:	San Francisco County, primarily the Mission District
Application:	Walk in or apply by phone. Appointment necessary
Languages:	Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - Mission Street lines, 33 Ashbury. BART - 16th Street Station
Funding:	Donations, federal, city (Commission on the Aging and Office of Community Development)

MISSION NEIGHBORHOOD HEALTH CENTER
240 Shotwell (16th St.)
San Francisco, CA 94110

Phone(s):
(415) 552-3870
(415) 431-3178 Fax

Days & Hours:
Mon. - Thurs., 8-5
Fri., 9:30-4:30
Physician on call 24 hours
HIV Services:
Mon. - Thurs., 5:30-9:30 p.m.
Fri., 1:30-6 p.m.

Person in Charge:
Gladys Sandlin, Executive Director
Antonia Sacchetti, MD, Medical Director

Services:
Provides comprehensive outpatient medical services including Adult Medicine, Seniors, Allergy and Dermatology, Family Planning, Teen Clinic, Maternal and Infant Care, Obstetrics - Gynecology, Orthopedics, Pediatrics, and Senior Services. Laboratory, Pharmacy and X-ray facilities located on site. La Clinica Esperanza (Clinic of Hope) offers psychosocial and medical services to persons who test positive for the AIDS virus. Services include health education and access to clinical trials.

Fees: Nominal fee. Sliding fee scale. Additional fees vary according to income and service. Medi-Cal, Medicare, private insurance accepted

Eligibility: Verification of income and address to qualify for low fees

Area Served: San Francisco County, primarily the Mission District

Application: Registration is necessary. For sliding scale bring proof of income and current address. Medi-Cal, Medicare or private insurance name and policy number must be brought to appointment

Languages: Spanish, Chinese (Cantonese), Filipino (Tagalog), French, German, Portugese

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - 22 Fillmore, 41 Union, 47 Van Ness, Mission Street lines. BART - 16th Street Station. Transportation can be arranged for elderly or disabled clinic patients (emergencies)

Funding: City, county, state, federal, donations, fees

MOBILE ASSISTANCE PATROL (MAP)
1446 Market Street
San Francisco, CA 94102

Phone(s):
(415) 431-7400

Days & Hours:
24 hours daily

Person in Charge:
Jerry McIver, Director

Services:
Provides van pick-up and transportation of public inebriates to appropriate detoxification facilities or hospitals. Clients must be ambulatory and willing to receive service. Outreach to chronic homeless and transport of Multi-Service Centers' homeless clients.

Fees:	None
Eligibility:	Anyone who is intoxicated, must be ambulatory and willing to receive service. Homeless people in need of assistance and clients referred by the Multi-Service Centers
Area Served:	San Francisco County
Application:	Apply by phone or patrols pick up persons on the streets who appear to be intoxicated and/or in need of homeless services
Languages:	Spanish
Accessibility:	Not necessary for service
Transportation:	Not necessary for service
Funding:	City, county

NATIONAL ASSOCIATION FOR VISUALLY HANDICAPPED
West Coast Branch
3201 Balboa (33rd Avenue)
San Francisco, CA 94121

Phone(s):
(415) 221-3201
(415) 221-8754 Fax

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Jeannine Louise, West Coast Program Director

Services:
Provides public education, information and referral and support for partially-sighted individuals. Carries a diverse and comprehensive selection of visual aids and offers counsel in use and care of these low vision devices. Offers educational and recreational activities including self-help groups for partially sighted adults age 55 and over. Provides in-service training to health care professionals. Maintains a large print lending library and distributes large print books nation wide.

Fees: Vary according to income

Eligibility: No requirements

Area Served: Local, state, and western region of U.S.

Application: Apply by phone, by mail

Languages: Hebrew, Russian

Accessibility: Wheelchair accessible

Transportation: MUNI - 31 Balboa, 38 Geary (Ocean Beach)

Funding: Donations, grants, special events, memberships

NATIONAL COUNCIL ON THE AGING, INC.
Senior Community Service Employment Program (SCSEP)
870 Market Street, Suite 785
San Francisco, CA 94102

Phone(s):
(415) 982-7007
(415) 982-0528 Fax

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Nicholas L. de Lorenzo, Project Director

Services:
Provides intensive training program for San Francisco residents. Applicants are screened, skills inventory and individual development plans created in cooperation with enrollees. Participants are assigned to training sites which are community service organizations able to provide on-the-job training. Participants are counseled and closely monitored in their efforts to learn and apply new job skills. Program participants receive the Federal Minimum Wage of $4.75 per hour for a twenty-hour week of training and on-the-job experience.

Fees: None

Eligibility: Low income San Francisco residents, age 55 and above. Medical approval for employment required. Enrollees must be US citizens or have legal resident status

Area Served: San Francisco City/County

Application: Phone for appointment

Languages: Spanish, Chinese, German, Russian, Tagalog

Accessibility: Wheelchair accessible

Transportation: MUNI - (any Market Street line), BART

Funding: Federal from U.S. Department of Labor, via The National Council on the Aging, Inc.

NATIONAL EYE CARE PROJECT
P. O. Box 429098
San Francisco, CA 94142-9098

Phone(s):
(800) 222-3937 (EYES)

Days & Hours:
Mon. - Fri., 8-4 PST

Person in Charge:
Tom Juring, Manager
B. Thomas Hutchinson, MD, Chairman

Services:
Senior citizens age 65 or over who do not have an ophthalmologist can request brochures about eye diseases or be referred to a volunteer ophthalmologist (emphasis will be placed on low-income seniors). Eligible callers will be mailed the name of an ophthalmologist participating near their home. The patient calls the doctor and will get a comprehensive eye examination and treatment for conditions or diseases, if necessary. If a patient has Medicare or other health insurance this pays the cost (if a patient has neither, there is no cost - must not belong to an HMO). Glasses, prescription drugs, hospital services and other medical services are not included in the program.

Fees: None, Medi-Cal, Medicare, private insurance accepted, no HMO's allowed

Eligibility: Age 65 or over, U.S. citizen or legal resident, no access to an ophthalmologist

Area Served: Alameda, Contra Costa, Marin, San Francisco, San Mateo and Santa Clara Counties, nationwide

Application: Apply by phone

Languages: None

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Foundation of the American Academy of Ophthalmology and The Knights Templar Eye Foundation, Inc.

NATIONAL MULTIPLE SCLEROSIS SOCIETY
Northern California Chapter
150 Grand Avenue
Oakland, CA 94612

Phone(s):
(510) 268-0572
(800) 344-4867

Days & Hours:
Mon. - Fri., 8:30-5
24-hour answering machine

Person in Charge:
Julie Thomas, Chapter President

Services:
Provides services for persons with multiple sclerosis, their families and the community, including counseling, educational seminars and discussion groups. Phone for information about local support groups. Staff also makes referrals to doctors, therapists and other agencies and rehabilitation facilities. Lends equipment to clients when prescribed by a physician and provides equipment purchase assistance based on financial need. Trained volunteer peer counselors are available to talk to people with "MS", family members and friends. Educates the public and health professionals about "MS" and supports research. Offers home respite care services by application. Printed and audio educational material is available on request. Supports a lending library and provides information and referral services. Provides benefits information and legislative advocacy.

Fees: None, annual membership dues $20 per year. Complimentary memberships available for persons with multiple sclerosis

Eligibility: No requirements

Area Served: Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties, Northern California

Application: Walk in or apply by phone or mail

Languages: None

Accessibility: Special parking, wheelchair accessible/restroom

Transportation: AC Transit stops within 2 blocks; BART - Oakland City Center

Funding: Donations, fundraising, memorials, bequests

NATIVE AMERICAN HEALTH CENTER
Urban Indian Health Board, Inc.
56 Julian Avenue (15th Street)
San Francisco, CA 94103

Phone(s):
(415) 621-8051 Medical
(415) 621-8056 Dental
(510) 261-0524 Administration

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
John Pakula, Medical Director
Jennie Beuhler, Nurse Manager (Medical Department)
Bertha Jackson, Dental Coordinator

Services:
Outpatient medical and dental clinics providing family planning, comprehensive perinatal services, immunizations, screening and treatment of sexually transmitted diseases, women's health care, Child Health and Disability Prevention (CHDP), and a Women, Infants and Children (WIC) nutrition program.

Fees: Vary according to income, Medi-Cal, Medicare, private insurance accepted

Eligibility: No requirements

Area Served: San Francisco County

Application: Call for an appointment

Languages: American Indian dialects, Spanish

Accessibility: Ramp wheelchair accessible/restrooms

Transportation: MUNI - 14 Mission, 22 Fillmore, 26 Valencia, 33 Stanyan, 49 City College, 53 Southern Heights, BART - 16th Street Station

Funding: Federal, State, United Way, donations

NEW LEAF SERVICES
Gay and Lesbian Outreach to Elders (G.L.O.E.)
1853 Market Street (Guerrero)
San Francisco, CA 94103

Phone(s):
(415) 626-7000 exts. 134, 135, 137

Days & Hours:
Mon. - Fri., 10-5

Person in Charge:
George Roosen, Men's Program Coordinator
Joyce Pierson, Women's Program Coordinator
Ruth Morales, Social Worker

Services:
Offers gay and lesbian seniors an opportunity to create an alternative family network with other seniors and volunteers. Provides visits to homebound, support and rap groups, information and referral, educational workshops, activity groups and social events. Speakers' Bureau informs senior service providers about lesbian and gay aging. Outreach Committee builds awareness of GLOE throughout the gay community. Advisory Council and staff publish bi-monthly newsletter.

Fees: None

Eligibility: San Francisco resident age 60 or over

Area Served: San Francisco County

Application: Walk in, apply by phone

Languages: None

Accessibility: Elevator, ramp, wheelchair accessible/restroom

Transportation: MUNI - F Line, BART

Funding: Federal, donations

NIHONMACHI LEGAL OUTREACH
1188 Franklin Street, Suite 202
San Francisco, CA 94109

Phone(s):
(415) 567-6255

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Dean Ito Taylor, Director

Services:
Provides legal services including advice, representation, research, litigation and referrals in areas of wills and trusts, elder abuse, public benefits including SSI and Medi-Cal, family law, immigration including relative visa petitions and naturalization assistance, consumer problems and domestic violence to Asian Pacific community. Offers pamphlets and workshops for community legal education.

Fees: Vary according to income

Eligibility: Primarily Asian or Pacific Islander

Area Served: San Francisco County

Application: Apply by phone. Appointment and intake interview necessary

Languages: Chinese (Cantonese, Mandarin), Japanese, Vietnamese, Tagalog, Korean (by arrangement)

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - 4 Sutter, 2 Clement, 1 California, Van Ness lines - 42,47,49

Funding: Donations, fees, grants, county

NORTH AND SOUTH OF MARKET ADULT DAY HEALTH CENTERS

55 Mabini Street
San Francisco, CA 94107

230 Jones Street
San Francisco, CA 94102

Phone(s):
(415) 882-7301 Mabini Street
(415) 923-9085 Jones Street

Days & Hours:
Mon. - Fri., 8-5

Person in Charge:
Elizabeth Boardman, Director

Services:
Multidisciplinary Adult Day Health Centers which provide comprehensive services to frail elderly enabling them to remain at home as long as possible. Services include rehabilitation services, nursing and personal care services, van transportation to and from the centers, social and recreational activities and a hot noon meal.

Fees: Vary according to income, Medi-Cal accepted

Eligibility: Age 18 or over, handicapped or frail elderly at risk of being placed in an institution, resident of area served

Area Served: San Francisco County, Chinatown, North Beach, Tenderloin and South of Market, Boundaries are Van Ness Avenue, 11th - 17th Streets, Embarcadero

Application: Apply by phone. Appointment necessary, Social worker will make home visit if required

Languages: Chinese (Cantonese), Filipino (Tagalog), Korean, Vietnamese, Russian

Accessibility: Wheelchair accessible ramp, restroom

Transportation: Van transportation provided

Funding: Donations, city, county

NORTH OF MARKET SENIOR SERVICES
333 Turk Street (Hyde)
San Francisco, CA 94102

Phone(s):
(415) 885-2274

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
George Friou, Executive Director

Services:
Provides primary care medical services, case management, discharge planning and medical follow-up for Tenderloin seniors age 55 or over. Provides blood pressure and glaucoma screening, podiatry clinic, and home visits to homebound. Alcohol counseling, a sober social center, and women's outreach and activities program are part of the alcohol treatment offered. Specialized services are available for homeless elders, Chinese-Vietnamese, Cambodians, Laotians, and gay and lesbian elders. Luncheon served daily. Offers recreational activities and a social day care program.

Fees: Vary according to income, Medi-Cal, Medicare assignment accepted for clinic services. No one turned away for inability to pay

Eligibility: Age 55 or over for alcohol and homeless program. Age 60 or over for other services

Area Served: San Francisco County, primarily the Tenderloin District (from Bush to Market and Powell to Van Ness) and South of Market

Application: Apply by phone

Languages: Cambodian, Chinese (Cantonese), Filipino (Tagalog), Laotian, Spanish, Vietnamese

Accessibility: Wheelchair accessible

Transportation: MUNI - 19 Polk, 31 Balboa, Market Street lines

Funding: City, donations

NORTHEAST MEDICAL SERVICES (NEMS)
1520 Stockton (Columbus)
San Francisco, CA 94133

Phone(s):
(415) 391-9686

Days & Hours:
Mon. - Fri., 8:30-5
Sat., 9-4
24-hour answering service

Person in Charge:
Sophie Wong, Executive Director
Daniel Chan, MD., Medical Director

Services:
A family oriented outpatient health care facility which provides primary physician care, specialty physician care, nursing, optometry, podiatry, acupuncture, nutrition, health education, social services and dental care. Lab, X-ray and a pharmacy are on site.

Fees:	Vary according to income, Medi-Cal, Medicare, private insurance accepted
Eligibility:	No requirements
Area Served:	San Francisco County and Bay Area
Application:	Call for appointment
Languages:	Chinese (Cantonese, Mandarin), Vietnamese
Accessibility:	Special parking wheelchair accessible ramp, Braille in elevator
Transportation:	MUNI - 15 Third, 30 Stockton, 41 Union, 45 Greenwich, 39 Coit
Funding:	Fees, state, federal

NORTHERN CALIFORNIA COUNCIL FOR THE COMMUNITY, Inc. (NCCC)
50 California Street, Suite 200
San Francisco, CA 94111-4696

Phone(s):
(415) 772-4430
(415) 391-8302 Fax

Days & Hours:
Mon. - Fri., 8-5

Person in Charge:
Ed Schoenberger, President
Mary Suloway, Executive Vice President

Services:

Provides community building and problem-solving assistance including innovative program development and community analysis to Northern California communities, policy-makers, funders, organizations and individuals. Actively involved in systems redesign and supporting the principles of successful programs and measuring outcomes. NCCC is a member of the National Association of Planning Councils (NAPC).

NCCC consists of a variety of programs including The HELPLINE Information and Referral Service, Base Closures-Impact on People, Delta 2000, Emergency Food and Shelter Program, Multicultural Initiative, One Small Step, Opportunity West, Planning for Elders in the Central City, San Francisco Council on Homelessness, South of Market Problem-Solving Council, and Latino Services Project.

Fees: None

Eligibility: None

Area Served: Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara, Napa, Solano and Sonoma Counties

Application: Apply by mail

Languages: None

Accessibility: Wheelchair accessible/restroom

Transportation: MUNI Metro/BART - Embarcadero Station, MUNI - 1 California, Market Street Lines, California Cable Car

Funding: United Way, donations, grants

NORTHERN CALIFORNIA COUNCIL FOR THE COMMUNITY, Inc. (NCCC)
Information and Referral Service
HELPLINE
50 California Street, Suite 200
San Francisco, CA 94111

Phone(s):
(415) 772-HELP
or
(800) 273-6222
(415) 772-4440 TDD
(415) 772-4444 Spanish
(415) 772-7375 Administration
(415) 391-8302 Fax

Days & Hours:
Mon. - Fri., 8-5
Answering service after hours

Person in Charge:
Nancy Kimura, Director

Services:

Provides a free, confidential and comprehensive, regional information and referral service to anyone needing information about nonprofit health and human services in the Bay Area. Following a thorough assessment, referrals are given and follow-up calls are made to determine if services were received. Offers a Homelessness Prevention Program, for nine Bay Area counties, designed to link low-income individuals with available services ranging from rental assistance programs to emergency food. La Linea (415) 772-4444 provides information and referral services to spanish-speaking individuals. Welcomes information requests from other agencies, doctors, schools, social workers and corporations.

Maintains the 'BRAIN' database that includes regional, comprehensive, information on nonprofit health and human services. Collaborates with other Information & Referral providers throughout the Bay Area to have the most up-to-date information for the six Bay Area counties. BRAIN is available to service providers, corporations and the community on diskette.

Publishes a variety of resource guides including 'You're Not Alone', a self-help homelessness prevention resource guide, designed to assist people living on a limited income, 'Help for Hard Times', a regional resource guide for people anticipating a lay-off, the San Francisco Social Service Referral Directory (SSRD), the Marin County Directory of Human Services (in collaboration with Marin Child Abuse Prevention Council) and other customized directories, resource lists and mailing labels.

Fees: None for information and referral. Fees for other services vary according to service

Northern California Council for the Community, Inc. - Helpline

Eligibility:	No requirements
Area Served:	Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara, Napa, Solano and Sonoma Counties
Application:	Apply by phone
Languages:	Japanese, Spanish
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI Metro/BART - Embarcadero Station, MUNI - 1 California, Market Street Lines, California Cable Car
Funding:	United Way, donations, grants

NORTHERN CALIFORNIA PRESBYTERIAN HOMES & SERVICES
Retired Senior Volunteer Program (RSVP)
Senior Services
1125 Quintara (20th Avenue)
San Francisco, CA 94116-1228

Phone(s):
(415) 731-3335

Days & Hours:
Mon.-Fri., 8:30-4:30

Person in Charge:
Maureen McGuinness, Director

Services:
A resource center for seniors assisting them in locating volunteer opportunities. RSVP serves as a liaison between the senior and the agency. Attempts are made to place volunteers within his or her own neighborhood. Provides volunteer recognition activities, educational meetings and a bi-monthly newsletter.

Fees: None

Eligibility: Age 55 or over

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Languages: Spanish (by appointment)

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 48 Quintara, 28 Nineteenth Avenue, 66 Quintara

Funding: Corporation for National Service, city (Commission on the Aging), grants, donations

OLDER WOMEN'S LEAGUE (OWL)
San Francisco Chapter
870 Market Street, Room 547
San Francisco, CA 94102

Phone(s):
(415) 989-4422

Days & Hours:
Tues. - Thurs., 9:30-1:30

Person in Charge:
Marian Branch, President

Services:
A national membership organization addressing the special concerns of midlife and older women. OWL works forcefully to provide mutual support for its members, to achieve economic and social equity for it's constituents and to improve the image and status of older women. The local chapter has monthly meetings and committees which enable every member to take an active role in it's affairs. Meetings are held on the 4th Saturday of the month from 10-12. Holds special events such as Wonderful Older Woman, honoring local women of achievement and influence, held annually. Other conferences, workshops and special events are held throughout the year.

Fees: $15 annual membership, National OWL. $10 annual membership, San Francisco OWL

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone or by mail

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines. Metro/BART - Powell Street Station

Funding: Donations, grants

ON LOK DAY SERVICES
30th Street Senior Services
Senior Center/Nutrition Program
225 - 30th Street (Dolores)
San Francisco, CA 94131

Phone(s):
(415) 550-2210 Senior Center
(415) 550-2225 Home Meals
(415) 647-6332 TDD

Days & Hours:
Mon. - Sat., 8:30-5 (Sr. Center)

Person in Charge:
Valorie Villela, Director

Services:
A bilingual multi-service center for seniors age 60 or over and their spouses. Services include a pool room, library, bingo, dances, adult education, quilting, recreation, exercise, field trips and health education. The Nutrition Program serves lunch Monday through Saturday at the Center as well as at several other sites throughout the city. The Home Delivered Meals program delivers meals to homebound seniors unable to come to the center Monday through Saturday and provides a frozen meal for Sunday.

Fees:	$1.25 donation requested for congregate meals $1.50 donation for home delivered meals
Eligibility:	Seniors age 60 or over and their spouses
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Languages:	Spanish
Accessibility:	Wheelchair accessible ramp/restroom
Transportation:	MUNI - J Church, 14 Mission, 24 Divisadero
Funding:	City (Community on the Aging), donations, grants

ON LOK SENIOR HEALTH SERVICES

On Lok SeniorHealth
1333 Bush Street
San Francisco, CA 94109

Phone(s):
(415) 292-8888 Administration
(888) 88-ON-LOK Enrollment Information
(415) 292-8745 Fax

Days & Hours:
Mon. - Sun., 8-4:30
24 hours daily
Physician available

Person in Charge:
Jennie Chin Hansen, Executive Director
Kate O'Malley, Director

Services:
Full-service health plan that provides medical and social services for frail elderly with multiple medical problems, physical disabilities or memory impairments. The program is designed to offer an alternative to nursing homes for those people who prefer to remain in their community. Following an assessment and after acceptance into the program, an interdisciplinary team provides all health and medical services including medical and nursing services, physical, occupational and speech therapy, in-home support, counseling, social and recreational services, transportation, meals and in some cases housing assistance. Services are provided in one of On Lok SeniorHealth's five licensed day health centers, the participants' homes, sheltered housing, participating hospitals or nursing homes. On Lok also operates an intergenerational program in conjunction with its child care development center at one of the day health centers.

Fees: Vary according to income, Medicare, Medi-Cal, private insurance accepted

Eligibility: Frail elderly, age 55 or over, resident of area served

Area Served: San Francisco

Application: Apply by phone. Appointment necessary

Languages: Chinese, (Cantonese, Mandarin), Filipino (Tagalog), Italian, Portuguese, Spanish

Accessibility: Wheelchair accessible/restroom, vans with wheelchair lifts, special parking, carry-chair service, interpreter for the deaf

Transportation: On Lok SeniorHealth can arrange for transportation

Funding: State, federal, fees, United Way

OPTIONS FOR WOMEN OVER FORTY
690 Market Street, #501
San Francisco, CA 94104

Phone(s):
(415) 837-0157 Office

Days & Hours:
Tues. - Fri., 9-5

Person in Charge:
Alexis Alexander, Executive Director

Services:
A self-help organization assisting women age 40 or over in recognizing and developing their personal and career potentials. Workshops cover such topics as career and life planning and job search techniques. Other services include computer training, support groups, job listings and job assistance.

Fees: Vary according to income for workshops. Annual membership $25. Other services free or low cost

Eligibility: Female, age 40 or over (will accept some women close to 40)

Area Served: Alameda, Contra Costa, Marin, San Francisco, and San Mateo Counties

Application: Apply by phone

Languages: Spanish (at the Women's Building)

Accessibility: Wheelchair accessible

Transportation: MUNI - Market St. Lines. MUNI - Metro/BART - Montgomery St. Station

Funding: Membership fees, donations, grants

PATIENTS RIGHTS ADVOCACY SERVICES, INC. (PRAS)
2325 - 3rd Street, Suite 221
San Francisco, CA 94107

Phone(s):
(800) 729-PRAS
(415) 552-8100
(415) 552-8109 Fax

Days & Hours:
Mon. – Fri., 9-5

Person in Charge:
Fancher Bennett-Larson, Executive Director

Services:
Provides advocacy and rights protection for mental health consumers in San Francisco. Advocates for the legal rights of patients/residents in public or private mental health or community care facilities. Advocates attempt to resolve consumer complaints, investigate complaints of abuse, neglect, and the withholding of rights. Monitor facilities and program for compliance with statutory, regulatory and decisional law, and provides training to consumers and providers regarding patients rights.

Fees: None

Eligibility: Mental health consumer in San Francisco

Area Served: San Francisco County

Application: Apply by phone

Languages: Interpretive services arranged upon request

Accessibility: Elevator, ramp, wheelchair accessible/restroom

Transportation: MUNI - 22 Fillmore, 15 Third, 48 Quintara/24th Street

Funding: County, grants, donations

PERFORMING ARTS WORKSHOP
Fort Mason Center, Landmark Bldg. C, Rm. 265 (Laguna)
San Francisco, CA 94123

Phone(s):
(415) 673-2634

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Gloria Unti, Executive Director
Jennifer Kennedy, Program Director

Services:
The Performing Arts Workshop's Artists In Schools Program brings a professionally-trained and multi-ethnic staff of performing artists into the public schools to teach classes in Creative Movement, Theatre Arts, and Ethnic Dance. As part of this program, PAW's artists often bring their classes to perform at senior centers. PAW also offers statewide and local workshops for educators and artists. Both the Teacher Training Program and the Artists In Schools Program are based on a specific teaching methodology developed by PAW's founder and Executive Director, Gloria Unti, a local leader in the field of arts education.

Fees:	$875 per residency, $250 per workshop
Eligibility:	No requirements
Area Served:	San Francisco County and San Mateo County
Application:	Apply by phone
Languages:	Artistic staff speak Cantonese, Spanish, Japanese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 22 Fillmore, 30 Stockton, Van Ness lines, 28 Nineteenth Avenue
Funding:	Walter and Elise Haas Foundation, California Arts Council, Mayors Office/Prop J, private foundations

PLANETREE HEALTH RESOURCE CENTER
2040 Webster Street (Sacramento)
San Francisco, CA 94115

Phone(s):
(415) 923-3681
(415) 923-3680 (Recorded Message)
(415) 673-2629 Fax

Days & Hours:
Tues. - Sat., 11-5
Wed., 11-7 pm

Person in Charge:
Roz Kutler, Librarian

Services:
Provides free access to medical information and health and a health bookstore. Subjects covered at the center include self care and first aid, physiology and anatomy, occupational health hazards, alcoholism, smoking, stress, mental health, acute and chronic diseases, cancer, AIDS, alternative therapies, nutrition, fitness, exercise, sexuality, genetics, childbirth and infant care, aging, death and animal health care. The library collection consists of over 2500 medical texts, consumer health books and journals. A current clipping file catalogs the latest information on medical research, treatment approaches and technological advances. Provides information by mail with basic packets on selected topics and in-depth research on any medical diagnosis for a fee. Provides a guide to national health agencies, practitioners, clinics, and self-help groups. Offers lecture series.

Fees: None to use the center. $20/yr for library card, includes borrowing privileges. Individual membership - $65/yr. Basic info. packets- $20. In-depth information packets - $100 per topic. MEDLINE bibliography - $35. Visa, MC, cash, check or money order

Eligibility: No requirements

Area Served: Alameda, Contra Costa, Marin, San Francisco, San Mateo and Santa Clara Counties, and nationwide

Application: Walk in or apply by phone

Languages: None

Accessibility: Some large print materials are available, wheelchair accessible

Transportation: MUNI - 1 California, 22 Fillmore, 24 Divisadero

Funding: Donations, membership fees, CPMC

PLANNING FOR ELDERS IN THE CENTRAL CITY
1370 Mission Street, 3rd Floor (10th Street)
San Francisco, CA 94103

Phone(s):
(415) 703-0188
(415) 703-0186 Fax

Days & Hours:
Mon. - Fri., 9-5
24 hrs answering machine

Person in Charge:
Marie Jobling, Project Coordinator
Bill Klinke, Associate Project Coordinator

Services:
A coalition of service providers, seniors and informal caregivers in the Tenderloin and South of Market areas. Works as a neighborhood problem solving coalition to identify and address the needs of frail seniors in the area served. Convenes the Health Task Force and the In-Home Supportive Services Task Force, and directs the Senior Survival School.

Fees: None, but donations accepted

Eligibility: No requirements

Area Served: San Francisco County, primarily the Tenderloin and South of Market areas

Application: Apply by phone

Languages: Spanish (by arrangement)

Accessibility: Elevator, wheelchair accessible/restroom

Transportation: MUNI - Market Street lines, 26 Valencia, 14 Mission, 14L Mission Limited, 47 Van Ness. MUNI - Metro Van Ness Station. BART - Civic Center Station

Funding: Grants (Bay Area Independent Elders Program, Campaign for Human Development, State of California), United Way allocation, and individual donations

POLISH ARTS AND CULTURE FOUNDATION, The
1290 Sutter Street (Van Ness)
San Francisco, CA 94109

Phone(s):
(415) 474-7070
(415) 474-7149 Fax

Days & Hours:
Tues., Wed., Fri., 12-7pm
Weekends by appointment

Person in Charge:
Mrs. Wanda Tomczykowska, President

Services:
Offers concerts, exhibits, lectures, films and 'Polish Fridays' with dinner. All programs are in English. Senior citizens and students receive discounts on membership and tickets. Provides translation and interpretation services. Instruction in Polish and English can be arranged. Offers limited legal services and provides assistance to refugees including housing and job information. A library offers Polish films, tapes, photos, periodicals, and books. An appointment is necessary for service. Polish Art Gallery presents exhibits.

Fees: Vary according to service

Eligibility: No requirements

Area Served: Alameda, Contra Costa, Marin, San Francicso, San Mateo and Santa Clara Counties

Application: Walk in, or apply by phone

Languages: French, German, Polish

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 2 Clement, 3 Jackson, 4 Sutter, 45 Greenwich, 49 City College, 42 Downtown Loop. MUNI Metro/BART - Civic Center Station

Funding: Donations, membership dues

POTRERO HILL NEIGHBORHOOD HOUSE
953 De Haro Street (Southern Heights)
San Francisco, CA 94107

Phone(s):
(415) 826-8080

Days & Hours:
Mon. - Fri., 8:30-10pm

Person in Charge:
Enola D. Maxwell, Director

Services:
A neighborhood community center providing a variety of social, cultural, educational, and recreational programs. Offers an Academy Boy's Club to help boys resist drugs and to provide college scholarships for eligible youth. Nutrition program serves noon meals, as well as offering bingo and other recreational activities for seniors. The social development program works with physically and mentally disabled adults. Services include socialization, recreation, and education. Operates a childcare preschool for children age 2-5. Offers after-school and summer youth program, including a Mayor's in-school employment program, a summer youth employment program, arts and crafts, artists in residency program, a working theatre ensemble group, and planned outings. Tutoring is available for students age 7-18. Offers space for community meetings, if available.

Fees: Vary according to service, suggested donation for meals $1.25

Eligibility: Referral from social service agency required for social development program. Youth employment, age 14-21; Seniors, age 55 or over. None for other services

Area Served: San Francisco County, Potrero Hill District

Application: Walk in or apply by phone

Languages: Italian, Spanish

Accessibility: Wheelchair accessible restroom, ramp

Transportation: MUNI - 19 Polk, 53 Southern Heights

Funding: City, county, state, United Way

PREVENT BLINDNESS NORTHERN CALIFORNIA
4200 California Street, Suite 101 (4th Avenue)
San Francisco, CA 94118

Phone(s):
(415) 387-0934
(415) 387-1689 Fax

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Peter Jamgochian, Director

Services:
Provides services to aid in the prevention of blindness. Among the services offered are a preschool vision program for children age 3-5, glaucoma screening, an eye safety program taught in schools and industrial and agricultural eye safety programs. Provides free publications on diabetes and vision, glaucoma, cataracts, the Aging Eye and a guide book 'Coping with Sight Loss in Northern California.' Home eye tests are available for adults and preschool age children to test their vision in their own homes. Films, audio cassettes and continuing education for eye care professionals are also offered. Maintains a speakers' bureau.

Fees: None except for large quantities of publications and professional education courses

Eligibility: No requirements

Area Served: Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara Counties, Northern California

Application: Apply by phone

Languages: Publications in Chinese (Cantonese) and Spanish

Accessibility: Most programs are held at other sites - some are wheelchair accessible

Transportation: MUNI - 1 California, 4 Sutter, 2 Clement

Funding: Donations, grants

PRIVATE INDUSTRY COUNCIL OF SAN FRANCISCO, INC. (PIC)
Job Training Partnership Act (JTPA)
1049 Market Street, 4th Floor
San Francisco, CA 94103-1634

Phone(s):
(415) 931-7460 Office
(415) 749-7403 TDD
(415) 931-7590 Fax

Days & Hours:
Mon. - Fri., 8-5

Person in Charge:
Steve Arcelona, President
Brenda Brown, Vice President, Operations
Raymond Holland, Vice President, Planning & MIS
Greg Marutani, Vice President, Administration

Services:
Administers federal and state job training fund, operating the Job Training Partnership Act (JTPA) programs for displaced workers and low-income adults, youth and older workers, and manages additional employment programs for Refugees and Homeless individuals. Services include GED preparation, basic literacy skills assistance, job development, job counceling, and on-the-job training in a wide variety of occupational areas. Older Workers program provides job development, job counseling, job search training, and on-the-job training to low-income seniors, ages 55 or over. Job placement assistance and/or job retraining to persons displaced by plant closures or major layoffs, regardless of income. Refugee services include job referrals and placement, job training, counseling, career guidance, and on-the-job training for a wide range of occupations. As part of JTPA, operates the Summer Youth Employment and Training Program for low-income youth, ages 14-21 years. Manages the Jobs For Youth employment collaborative which, in cooperation with the Employment Development Department and the Youth Employment Coalition and with support from a variety of local private and public sector organizations, matches young jobs seekers, ages 14-24, with employer job orders. Contracts for services with community based organizations, private training institutions, employers and educational institutions.

Fees: None

Eligibility: San Francisco resident (displaced Workers may live elsewhere but must have been employed within San Francisco at the time of layoff). Low income (except plant layoffs). No income criteria for Jobs For Youth

Area Served: San Francisco City and County

Application:	Walk-in, information provided by phone
Languages:	Arabic, Chinese, French, Russian, Samoan, Spanish and Tagalog
Accessibility:	Wheelchair accessible/restroom, elevators
Transportation:	MUNI - Market Street lines, 5 Fulton, 31 Balboa, Van Ness lines; BART - Civic Center Station
Funding:	Federal, state, donations

PROGRESS FOUNDATION
Geriatric Residential and Day Treatment Program
Carroll House
Rypins House
1405 Guerrero Street (26th Street)
San Francisco, CA 94110

Phone(s):
(415) 821-0697
(415) 861-0828 Central Office
(415) 861-0257 Central Office Fax
(415) 821-3568 Program Fax

Days & Hours:
24 hours daily
Mon. - Fri., 9-4:30

Person in Charge:
Charles Rivera, Program Director

Services:
A residential program which provides a transitional program for adults age 55 or over with psychiatric or social adjustment problems. The program is a social rehabilitation model which promotes independent living skills with the goal of returning residents to the community. Residents are expected to participate in household chores, in-house meetings and activities. Maximum stay is six months. The day treatment program is also for persons age 55 or over and includes individual, family and group therapy, medication, socialization, and recreational activities, crisis intervention, home visits and case management.

Fees: Vary according to income

Eligibility: San Francisco resident, age 55 or over, with a psychiatric disability

Area Served: San Francisco County

Application: Referral from mental health geriatric team required. Self referral or referral from community agencies possible pending psychiatric consultation at Rypins House

Languages: Spanish

Accessibility: Not wheelchair accessible at this time

Transportation: Van available for transportation to interview if needed

Funding: City, county (Division of Mental Health), state

PROGRESS FOUNDATION
Seniors Program
1405 Guerrero Street (26th St.)
San Francisco, CA 94110

Phone(s):
(415) 861-0828 Adminstration
(415) 821-0697 Rypins & Carroll House
(415) 821-3568 Fax

Days & Hours:
Mon. - Fri., 9-5
24 hours, daily

Person in Charge:
Charles P. Rivera, MPA Director

Services:
A 24-hour transitional residence for seniors age 60 or over with psychiatric or social adjustment problems. Services include case management. This is a social rehabilitation model, and the goal is to return residents to the communtiy at the highest level of functioning possible. Residents are expected to participate in household chores, in-house meetings and activities.

Fees: Vary according to income

Eligibility: San Francisco resident age 60 or over (younger with aging issues)

Area Served: San Francisco County

Application: Apply by phone

Languages: Spanish

Accessibility: Not wheelchair accessible at this time

Transportation: Van transportation arranged if necessary

Funding: City, state

RAPHAEL HOUSE
Neighborhood Senior Association
1065 Sutter Street (Larkin)
San Francisco, CA 94109

Phone(s):
(415) 474-4621

Days & Hours:
Thurs., 1-4

Person in Charge:
Kit Powers, Senior Advocate
Anne Page, Grandmother's Cupboard Hostess

Services:
Works with seniors who live in the Tenderloin or Central City by providing a weekly crafts workshop to benefit Raphael House. Provides volunteer and service opportunities for seniors.

Fees:	None
Eligibility:	Age 60 or over
Area Served:	San Francisco County, primarily the Tenderloin and central city districts
Application:	Walk in or apply by phone
Languages:	None
Accessibility:	Wheelchair accessible restroom
Transportation:	MUNI - 4 Sutter, 19 Polk, Van Ness lines
Funding:	Donations, grants

RCH, INC.
(Formerly Recreation Center for the Handicapped)
207 Skyline Blvd. (Herbst Road)
San Francisco, CA 94132

Phone(s):
(415) 665-4100

Days & Hours:
Mon. - Fri., 8-8:30 pm
Sat. am Swim Classes
Respite by arrangement

Person in Charge:
Ronald L. Hamilton, Program Director

Services:
RCH provides year-round programs in recreation, education, vocational rehabilitation and respite care for people with physical, developmental and emotional disabilities ages 5 through seniors. The 4 1/2 acre campus includes class rooms, a theater, gym, accessible garden, and 95 degree heated pool. Meals are served daily. Vocational rehabilitation with job placement. Opportunities for seniors: therapeutic swimming and participation in social recreation programs. Activities include storytelling, music, discussions, exercise, cooking projects, gardening, arts and crafts, community outings and camping. Activities are designed to address socialization needs, mobility, memory skills and independent living skills. The Center's weekend respite program accepts seniors who live with their families. Volunteer opportunities are available for seniors. RCH holds bingo games as fundraisers at 7 pm on Fridays, featuring free meals for players, accessible smoking and non-smoking rooms and evening shuttle service to MUNI.

Fees: Partial fees for non-funded clients

Eligibility: Persons with physical, developmental or emotional disabilities

Area Served: San Francisco, San Mateo & Marin Counties

Application: By appointment

Languages: Cantonese, Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 18 46th Ave., Muni Metro L Taraval, van transportation

Funding: City, county, state, federal, donations, grants, program fees

RENAISSANCE EXPERIENCE PLUS
995 Market Street, Suite 604
San Francisco, CA 94103

Phone(s):
(415) 546-7161

Days & Hours:
Mon. - Fri., 9-4:30

Person in Charge:
Carlos F.Ver, Program Director

Services:

Provides occupational classroom training in Office Technology and Job Search Workshops for persons age 55 or over who are looking for employment in the clerical field.

Classroom training is for 4 months, transportation is provided, and upon successful completion of training, placement assistance in the clerical field is provided.

Fees:	None
Eligibility:	San Francisco resident age 55 or over. JTPA low-income eligible
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Languages:	Filipino (Tagalog), Spanish
Accessibility:	Elevator, wheelchair accessible
Transportation:	MUNI - Market Street lines. MUNI Metro/BART - Powell Street Station
Funding:	Federal (JTPA, PIC)

ROSE RESNICK LIGHTHOUSE FOR THE BLIND AND VISUALLY IMPAIRED
214 Van Ness Avenue
San Francisco, CA 94102

Phone(s):
(415) 431-1481

Days & Hours:
Mon. - Fri., 9-5
Closed (12-1) Lunch

Person in Charge:
Anita S. Baldwin, Executive Director

Services:
Provides services for visually impaired persons including information and referral, workshops and seminars for families and professionals, career information, computer demonstration and braille transcription. Refers clients to CPMC (Pacific Campus) for medical evaluation of residual vision, prescription for appropriate low-vision aids and devices. Rehabilitation program offers orientation mobility instruction, daily living skills and limited services for the deaf-blind. Resource Center has a large selection of adapted aids and appliances for retail sales. Demonstrates use of current products. Adult continuing education classes are offered, including, braille typing, English as a Second Language (ESL) creative and fine arts. Library maintains a limited collection of cassettes, braille books, large print books, recorded magazines and tape players. Volunteers are available for reading and in-home personal assistance (no housework). Recreation and social programs are designed to develop self-confidence and improve physical fitness. Serves a hot lunch weekdays. Owns and operates the Enchanted Hills Camp, which provides a residential summer camp for children and adults.

Fees: Vary according to income and service. Some services free

Eligibility: Blind or visually impaired

Area Served: Alameda, Marin and San Francisco Counties

Application: Walk in or phone for appointment

Languages: Spanish, Filipino (Tagalog), Chinese (Mandarin)

Accessibility: Wheelchair accessible/restroom, information on tape, large print or in braille for the blind, finger spelling for the deaf blind

Transportation: MUNI - 9 San Bruno, 14 Mission, Market and Van Ness lines. MUNI Metro - Van Ness Station. BART - Civic Center Station

Funding: Donations, fees, grants, bequests, sale of products

RUSSIAN AMERICAN COMMUNITY SERVICES
300 Anza Street (Collins)
San Francisco, CA 94118

Phone(s):
(415) 387-5336

Days & Hours:
Mon. - Fri., 9-5
Mon. - Fri., 11-1 (Lunch served)

Person in Charge:
Nick Buick, Executive Director
Nina Martini, Community Service Manager
Sara Moore, Social Service Manager

Services:
A senior center providing general social services including counseling, translation, recreational activities, lectures, health and nutrition education, and information and referral. Lunch is served Monday through Friday, 11 am to 1 pm.

Fees:	$1.25 suggested meal donation. Supporting membership $15
Eligibility:	Age 60 or over
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Languages:	Russian, French, (Spanish, by arrangement)
Accessibility:	Meal site is wheelchair accessible
Transportation:	MUNI - 38 Geary, 43 Masonic. Upon request, a mini pickup is available from home to meal site, Monday and Friday only
Funding:	County (Commission on the Aging), federal (USDA), donations, fundraising, membership fees

SALVATION ARMY
Central Corps
360 Fourth Street (Folsom and Harrison)
San Francisco, CA 94107

Phone(s):
(415) 777-2677
(415) 777-2351 Fax

Days & Hours:
Sun.-Fri., 9-4
Sat., Holidays, 9-1

Person in Charge:
Envoy David Eng

Services:
A multipurpose, multicultural senior center which provides a wide variety of services to seniors age 55 and over. The social service component provides information and referral. General social work for all seniors and bilingual outreach to Asian elders Also provides case management for frail elders in danger of institutionalization, coordinating needed services so they may remain in their own homes. Provides regular and special recreational programs including arts and crafts, sightseeing, overnight trips, and special programs for disabled persons. Offers English as a Second Language classes, senior community action groups, blood pressure screening, health talks, and multilingual bible studies. Produces a monthly newsletter. Serves as a lunch site. Recruits, trains, and places volunteers to assist in the center's activities and to provide activities for the center's members. Sponsors senior development and a senior advocacy and leadership development program. Also arranges for low cost rates for seniors with special health needs. Outreach programs for seniors unable to leave their homes including phone contact and meal delivery in a limited area. Transportation assistance and visiting to seniors in nursing facilities.

Fees: None for most services. Membership fee of $12 per year is not required for participation in most programs, but guarantees a monthly newsletter and trip sign-ups. Some minimal fees for special events

Eligibility: Seniors age 55 or over

Area Served: San Francisco County, primarily South of Market District

Application: Walk in or apply by phone

Languages: English, Chinese (Cantonese, Mandarin, Toisonese), Italian, Spanish, Korean, Tagalog and Russian. Limited translation with books and volunteers for other languages

Salvation Army Central Corps

Accessibility: Wheelchair accessible, elevator, PG&E assisted for visual help

Transportation: MUNI 30 Stockton, 30 Express, 12 Folsom, 14 Mission Street and 9 San Bruno

Funding: United Way, Commission on the Aging, The Salvation Army and private donations

SALVATION ARMY
Chinatown Corps and Community Center
1450 Powell Street (Broadway)
San Francisco, CA 94133

Phone(s):
(415) 781-7360

Days & Hours:
Mon.-Fri., 9-4:30

Person in Charge:
Capt. Robin Hu, Commanding Officer

Services:
A community center with programs for persons of all ages in San Francisco's Chinatown District. Services include youth activities, after school programs, a gymnasium, a senior residence and a senior brunch served daily.

Fees:	None
Eligibility:	No requirements
Area Served:	San Francisco County, primarily Chinatown District
Application:	Apply by phone
Languages:	Chinese
Accessibility:	Elevator
Transportation:	MUNI - 30 Stockton, 45 Greenwich
Funding:	Donations

SALVATION ARMY
Harbor Light Center
1275 Harrison Street (9th Street)
San Francisco, CA 94103

Phone(s):
(415) 864-7000

Days & Hours:
24 hours daily

Person in Charge:
Captain Lawrence Shiroma, Director
David Overturf, Recovery Services Director
Claudia Muschietty, Detox Services Director
Byron Hudson, Health Services Coordinator

Services:
Offers a continuum of services to men and women with alcohol related problems. Serves as an entry point for persons who would like to begin a sober lifestyle. The social model detoxification center offers assessment and program referral. The Homeless Alcohol Recovery Program (HARP) is a 28-day highly structured primary program providing alcohol education, individual and group counseling. The residential recovery home provides an environment in which individuals make plans for recovery and re-entry into the community. Services include individual and group counseling, vocational assistance, spiritual counseling and re-socialization. A 21 day detoxification unit is available for men and women who are HIV positive.

Fees: Vary according to service

Eligibility: Age 18 or over

Area Served: San Francisco County

Application: Apply by phone for interview

Languages: Spanish

Accessibility: Wheelchair accessible at the social detox center (1255 Harrison)

Transportation: MUNI - 19 Polk, 27 Bryant

Funding: City, county, federal, state, donations, fees

SALVATION ARMY
Mission Corps and Community Center
1156 Valencia (22nd Street)
San Francisco, CA 94110

Phone(s):
(415) 648-0260
(415) 648-0276
(415) 648-0261 Fax
(415) 648-1011 Social Services

Days & Hours:
Mon.-Fri.,9-5
Fri., 6pm-8pm (youth)
Mon.-Fri., 2-6 (youth age 6-11)
Mon., 7pm & Tues., 10:30am
(Spanish Women's Group)
Mon.-Fri., 9-12
(Office of Social Services)

Person in Charge:
Hector Ramos, Major

Services:
A community center for English and Spanish speaking persons which provides activities for all ages. Serves as a senior meal site and senior center Monday - Friday from 9:00 - 1:00. In the afternoon, offers after-school activities, special girls programs, Monday, 6:30pm - 8:30pm (ages 6-17 yrs); boys activities, Monday, 6:30pm - 8:30pm (ages 6-11), a summer day camp and special activities on Friday evenings for youth age 14 - 25.

Fees: $25 per month for after-school activities (2-6pm), sliding scale fees for Day Camp

Eligibility: No requirements

Area Served: San Francisco County, Mission District

Application: Walk in

Languages: Senior Meals, Youth Activities, and After-School Programs are all bilingual in Spanish and English, all the rest in Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 26 Valencia, BART - 24th Street Station

Funding: Donations, grants

SALVATION ARMY
Senior Meals, Activities and Support Services
850 Harrison Street
San Francisco, CA 94107

Phone(s):
(415) 777-5350

Days & Hours:
Hours vary at each site
Meals served at noontime

Person in Charge:
Evelyn Dexter, Director

Services:
Provides meals at 27 sites, 27 sites serve weekday meals and 8 sites serve weekend and holiday meals. A wide variety of support services are offered at the 27 sites including recreation, trips, bilingual translation, consumer education, nutrition education, fellowship and spiritual well-being, volunteer training, senior leadership development, telephone reassurance, forms assistance, exercise classes, health screening, special events, arts and crafts, counseling, case management, eviction assistance and Muni passes.

Fees:	$1.25 donation suggested per meal
Eligibility:	Age 60 or over
Area Served:	San Francisco County
Application:	Walk in or apply by phone
Languages:	Chinese (Cantonese & Mandarin), Spanish, Tagalog
Accessibility:	Sites are wheelchair accessible
Transportation:	Varies, phone for information
Funding:	Federal, state, city, private donations

SALVATION ARMY
Turk Street Corps and Community Center
240 Turk Street (Jones)
San Francisco, CA 94102

Phone(s):
(415) 928-6024

Days & Hours:
Mon -Fri, 9-1

Person in Charge:
Kitty Lui-Granat, Program Director
Jenna Whiteside, Site Coordinator

Services:
A drop-in center for residents of San Francisco's Tenderloin District. The senior services program includes a nutrition program which serves lunch everyday at 11:30, health education, support groups, exercise classes, dancing, movies, bingo, field trips and recreational activities. Also provides referrals and other supportive services.

Fees:	Suggested lunch donation $1.25
Eligibility:	Senior program - age 60 or over
Area Served:	San Francisco County, primarily the Tenderloin District
Application:	Walk in
Languages:	Cantonese, Tagalog
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 31 Balboa
Funding:	City (Commission on the Aging), Salvation Army Funds, and public donations

SAN FRANCISCO ADULT DAY HEALTH NETWORK
50 California Street, Suite 200
San Francisco, CA 94111

Phone(s):
Network: (415) 772-7371

Days & Hours:
Mon.-Fri., 8:30-5
Mon.-Fri. - Adult Day Health Centers
Sat. programs available - hours vary

Person in Charge:
Network: Steve Milbauer, Ph.D, Executive Director
Adult Day Health Centers: Varies by center

Services:
The San Francisco Adult Day Health Network is a collaborative effort of the eight adult day health care agencies in the city. Adult day health centers offer physical, occupational, and speech therapies, nursing services, personal care, social and therapeutic recreational activities, nutrition counseling and hot meals and transportation to and from the centers. Centers are located throughout the city and reflect the wide cultural and linguistic diversity of San Francisco. The Network itself works behind the scenes with funders, local government agencies and other organizations to strengthen adult day health care in San Francisco and in neighboring communities.

Fees: Center services are covered by Medi-Cal, or on a sliding fee basis

Eligibility: Any adult who needs assistance and rehabilitation to perform the basics of daily living

Area Served: San Francisco County

Application: N/A

Languages: Network: None
Centers: Cambodian, Cantonese, English, French, Italian, Korean, Laotian, Mandarin, Russian, Spanish, Tagalog, Thai, Turkish, Vietnamese

Accessibility: Wheelchair accessible

Transportation: Network: MUNI - BART- Embarcadero Station
Centers: Located in neighborhoods throughout the city and are accessible by public transportation

Funding: Grants

SAN FRANCISCO DENTAL SOCIETY
Senior Dental Program
2143 Lombard Street
San Francisco, CA 94123

Phone(s):
(415) 928-7337 Administration
(415) 421-1435 Referral Line

Days & Hours:
Mon -Fri , 9-5
24 hours daily

Person in Charge:
Loa Kingston, Executive Director

Services:
Refers seniors age 62 or over to dentists who provide services for approximately 15% below their standard fees. Some dentists provide home visits if necessary. Referral service staff speaks English only, but can refer clients to dentists who speak Tagalog, Spanish, Chinese and other languages.

Fees: None for referral sevice. Member dentists charge approximately 15% less than their standard fee

Eligibility: San Francisco resident age 62 or over. Must be on a fixed income of under $16,000 per year, must have no dental insurance and must not be eligible for Medi-Cal

Area Served: San Francisco County

Application: Apply by phone

Languages: None

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Membership dues

SAN FRANCISCO FOOD BANK
Brown Bag Program
333 Illinois Street (16th Street)
San Francisco, CA 94107

Phone(s):
(415) 957-1076

Days & Hours:
Mon.-Fri., 8:30-5:30

Person in Charge:
Paul Ash, Executive Director
Deb Self, Programs Manager

Services:
Solicits surplus food from farmers, food brokers, retailers and commodity dealers and redistributes it to nonprofit agencies serving low-income individuals and families. Provides food to soup kitchens and pantries across San Francisco at a shared maintenance fee of 12 cents per pound. Sponsors the Brown Bag Program which provides a biweekly bag of supplemental food to low-income seniors. Food is distributed by volunteers from the program. Also operates the Emergency Food Box Program (described separately).

Fees:	Seven dollars donation requested
Eligibility:	Age 60 years or older and monthly income of less than $670/$1,109 for an individual/couple
Area Served:	San Francisco County
Application:	Application sent on request
Languages:	Application/Volunteers: Russian, Tagalog, Cantonese, Spanish
Accessibility:	Wheelchair accessible
Transportation:	None
Funding:	Donations, (Cash/In-kind), state (Department of Aging), federal, grants

SAN FRANCISCO FOOD BANK
Emergency Food Box Program
333 Illinois Street (16th Street)
San Francisco, CA 94107

Phone(s):
772-4357 (United Way Helpline)

Days & Hours:
Mon -Fri , 8 30-5 30

Person in Charge:
Paul Ash, Executive Director
Deb Self, Program Manager

Services:
Solicits surplus food from farmers, food brokers, retailers and commodity dealers and redistributes it to nonprofit agencies serving low-income individuals and familes Provides food to soup kitchens and pantries across San Francisco at a shared maintenance fee of 12 cents per pound. Sponsors the Emergency Food Box Program which provides a three day supply of food to needy individuals and families on an emergency basis Food is distributed by member agencies. Also operates the Brown Bag Program (described separately).

Fees: None

Eligibility: Can access three times in a twelve month period for emergency reasons only

Area Served: San Francisco County

Application: Intakes given and boxes distributed at member agencies (can call United Way Helpline 772-4357 for referral)

Languages: Variety of languages spoken at different member agencies

Accessibility: Wheelchair accessible

Transportation: None

Funding: Donations (Cash/In-kind), state, federal, grants

SAN FRANCISCO HEARING AND SPEECH CENTER
1234 Divisadero (Eddy)
San Francisco, CA 94115

Phone(s):
(415) 921-7658
(415) 921-8990 TDD
(415) 921-2243 Fax

Days & Hours:
Mon.-Fri., 9-5

Person in Charge:
Rayford C. Reddell, Ph.D, Executive Director
Robert Madory, Director, Clinical Services
Kay Hammel, Business Manager

Services:
Provides diagnostic and rehabilitative services for children and adults with hearing and speech or language disorders. Offers hearing aid consultation and dispensing, speech and language therapy, a speech pathology clinic, a preschool program for hearing handicapped children under age 3, a school for children with aphasia, total communication and oral education classes for deaf children. Also offers evaluation, consultation and a support group for persons with tinnitus.

Fees: Vary according to service. No one is refused service because of inability to pay, Medi-Cal, Medicare, private insurance accepted

Eligibility: No requirements

Area Served: Alameda, Contra Costa, Marin, San Francisco, San Mateo, Napa, Solano and Sonoma Counties

Application: Apply by phone or mail

Languages: American Sign, Chinese (Mandarin), French, German, Russian, Spanish, Taiwanese

Accessibility: Wheelchair accessible/restroom/ramp

Transportation: MUNI - 24 Divisadero, 31 Balboà, 38 Geary

Funding: United Way, fees, donations

SAN FRANCISCO HOMESHARE PROGRAM, The
801 Portola Drive, Suite 209
San Francisco, CA 94127

Phone(s):
(415) 759-3760

Days & Hours:
Mon.-Fri., 8:30-5

Person in Charge:
Kirsten Antonelli, HomeShare Coordinator

Services:
A shared housing program where two or more unrelated people share a house or apartment. Each person has a private bedroom and shares common living areas, much like a family would. The goal is to help seniors maintain independent living and to provide people of any age with an inexpensive housing option. The program provides names for potential housing matches between providers (a home owner or renter) and seekers (individuals seeking affordable space within a home). Participants are instructed in how to interview each other, check references, plan a trial weekend, and how to construct a rental agreement. HomeShare agreements between housing providers and seekers may result in a straight rent exchange or in reduced rent in exchange for non-personal services such as grocery shopping, cooking, and house cleaning. Home visits arranged for frail seniors Applications are accepted, and referrals made, in accordance with federal, state, and local fair housing laws. HomeShare is a program offered through Services For Seniors, a subsidiary of Northern California Presbyterian Homes & Services.

Fees: None

Eligibility: Applicants must either be a senior or want to share housing with a senior

Area Served: San Francisco County

Application: By appointment only

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - 36 Teresita, 44 O'Shaughnessy, 48 Quintara & 52 Excelsior

Funding: Individual, corporate, and foundation gifts

SAN FRANCISCO MEDICAL SOCIETY
1409 Sutter Street (Franklin)
San Francisco, CA 94109

Phone(s):
(415) 561-0853 Referral Line
(415) 561-0850 Administration

Days & Hours:
Mon.-Fri., 9-5

Person in Charge:
Betty Gillespie Pollack, Executive Director

Services:
A professional association of physicians providing referrals to member physicians based on location, medical specialty, foreign language fluency, acceptance of public funding, availability for house calls and special interests including AIDS. Provides information regarding medical school attended and board certification of the member physicians. Dispute Resolution Service reviews written complaints about physicians and attempts to mediate between the patient and physician. Volunteer physicians will investigate the complaint and a committee reviews the facts. Advice will be sent to the patient when the review is completed. The review process takes three to four months.

Fees: None for referrals

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese, Spanish (by appointment)

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Donations

SAN FRANCISCO NEIGHBORHOOD LEGAL ASSISTANCE FOUNDATION
225 Bush Street, 7th Floor
San Francisco, CA 94104

Phone(s):
(415) 982-1300
(415) 982-4243 Fax

Days & Hours:
Mon.-Fri., 9-5

Person in Charge:
Ramon Arias, Executive Director

Services:
Provides legal help for low-income San Francisco residents. The Welfare Advocacy Unit assists with Social Security, SSI, General Assistance, Medi-Cal, Medicare, AFDC, Food Stamps and unemployment insurance problems. The Domestic Relations unit helps with temporary restraining orders, annulments, divorce, and child custody in cases involving domestic violence. The Housing Unit helps with eviction defense and landlord tenant relations. If the eviction is because of non-payment of rent, client must be prepared to pay rent due. No fee-generating or criminal cases accepted. Will provide referrals to private attorneys who accept cases on a contingency basis.

Fees: Filing and other court fees only

Eligibility: Low-income San Francisco resident

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), Spanish, Vietnamese

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines. MUNI Metro/BART - Montgomery Street Station

Funding: Federal (Legal Services Corporation), state, city (CDBG)

SAN FRANCISCO NIGHT MINISTRY
Mail: 432 Mason Street
San Francisco, CA 94102-1706

Phone(s):
(415) 986-1464

Days & Hours:
Daily, 10pm-4am
Every night of the year

Person in Charge:
The Rev. Donald Fox, Night Minister

Services:
Trained lay volunteers provide telephone counseling and referral services for all manner of crises. An ordained minister or priest is on call every night of the year, available for immediate in-person counseling anywhere in the city that the person in crisis chooses to meet - such as an apartment, house, hotel, restaurant, bar, coffee shop, hospital or on the street. Counseling is non-judgmental, and also non-religious - unless the caller chooses to talk about religious or spiritual matters.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone

Languages: Cantonese and Mandarin by request

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Donations, grants

SAN FRANCISCO OPTOMETRIC SOCIETY
1585 The Alameda, Suite 100
San Jose, CA 95126

Phone(s):
(800) 675-3937 Referral Information
(800) 577-7137 All other information

Days & Hours:
Not yet established

Person to Contact:
Jim Heitzig, Bay Area Optometric Council

Services:
Comprehensive eye examinations, visual acuity assessment and prescription, glaucoma testing, cataract evaluation, retinal evaluation, low vision testing and visual aids

Special Services during March 3 - April 15, 1997:
California Vision Project - California residents who have one member of the household who is employed and have no Medicaid, Medicare, government or private health insurance, and have an income below an established level based on household size are eligible to receive a comprehensive eye health examination at no charge. Eligible patients will be asked to donate a $20 administration fee per person if prescription glasses are needed. Apply by phone from January 2-31, 1997, (800) 766-4466. Or call the California Optometric Association at (800) 877-5738.

Fees: None for referral. Financial arrangements, including senior discounts, Medicare and Medi-Cal and other third party insurance are handled privately between patient and doctor

Eligibility: Open

Area Served: San Francisco County

Application: Varies per optometrist

Languages: Referral service speaks English only. Chinese, Spanish, Russian and other languages spoken by Optometrists. Please make request

Accessibility: Varies; ask for information at time of referral

Transportation: Varies; ask for information at time of referral

Funding: Membership dues and volunteer services

San Francisco SAFE, Inc.
850 Bryant Street, Room 565 (7th Street)
San Francisco, CA 94103

Phone(s):
(415) 553-1984

Days & Hours:
Mon.-Fri., 9-5

Person in Charge:
Suzanne London, Executive Director

Services:
Crime prevention education. Holds neighborhood forums to help the flow of communication between law enforcement agencies and neighborhood residents and groups. Encourages neighborhood responsibility and public awareness in all phases of crime prevention strategies through Operation Identification, neighborhood watch, security inspections, and teaching common sense precautions. Personal safety presentations are made to community groups, businesses and the general public upon request. Offers residential and commercial physical security surveys. Special presentations are available for older adults or children.

Fees: None

Eligibility: San Francisco resident

Area Served: San Francisco

Application: Apply by phone

Languages: Spanish, Chinese (Cantonese, Mandarin), Filipino (Tagalog), Cambodian

Accessibility: Wheelchair entrance on Harrison/elevator

Transportation: MUNI - 27 Bryant

Funding: City, county, donations

SAN FRANCISCO SCHOOL VOLUNTEERS
65 Battery, 3rd Floor
San Francisco, CA 94111

Phone(s):
(415) 274-0250

Days & Hours:
Mon -Fri , 8-5

Person in Charge:
Sandra Treacy, Director

Services:
Recruits, trains, and places volunteers to assist in the San Francisco public school system. The Adopt-a-School program customizes partnerships between local businesses and schools. The Allies for Education program builds better relationships between schools and their neighborhoods through community outreach and creative involvement opportunities. Business Volunteers in the Schools recruits and places San Francisco business volunteers who work as tutors and assist in the classroom. The Community Volunteers in the Schools project recruits, trains and places community members in the schools to provide one-to-one tutoring, office, library or schoolyard assistance and help in all subjects including art and music. Early Literacy Volunteer Program improves the reading skills of elementary students by matching them with volunteers trained in state-of-the-art reading theory and practice. Eyes on the Prize Program increases academic achievement among African American students by bringing community role models and culturally relevant course material into the classroom. The Law Education Partnership brings attorneys into classrooms to teach students about the legal system through case studies and role playing. The Learnability Project improves the written language skills of learning - disabled students using computer assisted instruction and trained volunteers. The Parent Involvement Program creates positive partnerships between parents and teachers and gives parents practical tools to help support their children's education at home.

Fees: None

Eligibility: Individual interested in public education, no felony record

Area Served: San Francisco County, San Francisco public schools

Application: Apply by phone

Languages: Chinese, French, Spanish, Vietnamese

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines, BART - Montgomery Street Station

Funding: Donations, grants

SAN FRANCISCO SENIOR CENTER
Aquatic Park Branch
890 Beach Street (Polk)
San Francisco, CA 94109

Phone(s):
(415) 775-1866
(415) 771-2666 TDD
(415) 775-4020 Fax

Days & Hours:
Mon -Fri , 9-4
Sun , 11-3

Person in Charge:
Betty McQuiston, Branch Director
Robert Trevarrow, Executive Director

Services:
A multipurpose center for seniors age 60 or over Social service staff provide individual and group counseling, and information and referral Visiting professionals assist with social security, income tax, health screening and nutrition education Activities include lectures, discussions, exercise, Tai Chi, travel, international trips, special events, bridge, chess, mahjong, creative writing, French, Italian, social dancing, western line dancing, photography, ceramics, weaving, yoga, Qigong, dressmaking, knitting, painting, and a woodshop. Center also has an active strength training, exercise equipment program and an older deaf adults group. A hot lunch is served Monday-Friday and Sunday Lunch tickets become available at 9:30 am and are provided on a first come first served basis Publishes a monthly newsletter

Fees: Voluntary membership $20, suggested lunch donation $1 25

Eligibility: Age 60 or over

Area Served: San Francisco County

Application: Walk in

Languages: Chinese (Cantonese), Spanish

Accessibility: Wheelchair accessible elevator, restroom, interpreter for the deaf available on Thursdays

Transportation: MUNI - 19 Polk, 47 Van Ness, 49 Van Ness-Mission, 30 Stockton Taxi service available by arrangement for those who cannot use public transit

Funding: Federal, city, donations, memberships, United Way Donor Options

SAN FRANCISCO SENIOR CENTER
Downtown Branch
481 O'Farrell Street (Jones)
San Francisco, CA 94102

Phone(s):
(415) 771-7950
(415) 771-1135 Fax

Days & Hours:
Mon.-Thurs., 9-4
Fri., 9-3:30
Sat.-Sun., 10-2

Person in Charge:
Mary Alice Stevenson, Branch Director
Bob Trevorrow, Executive Director

Services:
The Downtown Branch of San Francisco Senior Center serves primarily elderly residents of apartments and hotels in the Tenderloin District. Serves daily noon meals and offers a variety of classes, speakers, health screenings, trips and holiday celebrations; social services and case management; special programs for Chinese seniors include classes in Chinese folk dancing and chorus.

Fees:	Voluntary annual sponsorship $20; suggested lunch donation $1.25
Eligibility:	Age 60 or over
Area Served:	San Francisco County, primarily the Tenderloin District
Application:	Walk in
Languages:	Chinese (Cantonese, Mandarin), Filipino (Tagalog), French, Italian, Russian, Spanish (By arrangement)
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI - 38 Geary, 27 Bryant
Funding:	City, county, memberships, donations, United Way donor options, special events and bequests

SAN FRANCISCO SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS (SPCA)
2500 - 16th Street (Bryant)
San Francisco, CA 94103

Phone(s):
(415) 554-3000 Adoptions
(415) 554-3030 Animal Hospital

Days & Hours:
Mon.-Sun., 11-6
Mon.-Sat., 8-6

Person in Charge:
Richard Avanzino, President

Services:
Offers animal adoptions and low-cost spay and neutering clinics. The Animal Assisted Therapy Program provides animals to visit physically or emotionally disabled residents in community facilities and homes. The Pets and Older People Program places older pets free of charge with seniors to provide companionship and also provides seniors with free spay/neuter surgery for their pets. Educational programs available to schools. A Grooming College trains people to groom animals. Also operates Hearing Dog Program.

Fees: Vary according to service. Senior citizen discounts available. Some services free to seniors. Phone for more specific information

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), French, German, Hebrew, Russian, Sign, Spanish (by arrangement), Turkish, Vietnamese

Accessibility: Ramp wheelchair accessible/restroom

Transportation: MUNI - 22 Filmore, 27 Bryant, 9 San Bruno, BART - 16th Street Station

Funding: Donations, fees

SAN FRANCISCO STATE UNIVERSITY
Urban Elders Program
22 Tapia Drive (Font)
San Francisco, CA 94132

Phone(s):
(415) 338-2127 Urban Elders

Days & Hours:
Mon.-Fri., 8:30-4:30 (Office)
Classes held day and evening

Person in Charge:
Celia Sullivan, Director

Services:
The Urban Elders Program is an umbrella structure for a number of academic and direct service programs for older adults. Persons age 60 or over may take any course offered at the university on a space available basis, have full use of the library and most campus facilities.

Fees:	Elder college $35 per semester, 60 Plus program $50 per year, fees for other programs vary
Eligibility:	Age 60 or over
Area Served:	Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties
Application:	Walk-in or apply by phone
Languages:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 17 Parkmerced, 26 Valencia, 28 - 19th Avenue, 29 Sunset, 48 Quintara/24th St., M Oceanview
Funding:	Fees, donations, state

SAN FRANCISCO SUICIDE PREVENTION, INC
P. O. Box 191350 (Mailing address)
San Francisco, CA 94119-1350

Phone(s):		**Days & Hours:**
(415) 781-0500	Crisis	24 hours daily
(415) 981-4700	I&R	" "
(415) 362-3400	Drug Line	" "
(415) 434-2437	AIDS Nightline	Mon.-Sun., 5pm-5am daily
(415) 781-2224	TTY	24 hours
(415) 984-1900	Administration	Mon.-Fri., 8:30-4:30

Person in Charge:
Eve Meyer, Executive Director
Sandra Yuen, Director Crisis Line
David Paisley, Director AIDS HIV Nightline

Services:
Specially trained volunteer counselors provide crisis telephone counseling, information and referral. Crisis counselors explore a client's problem and give referrals to appropriate resources including community mental health centers, private clinics and practitioners, substance abuse programs, and emergency services. All calls are strictly confidential and counselors are sensitive to the needs of adolescents, elderly, minority groups and persons with AIDS/ARC. Speakers are available to community groups, churches, social clubs or others who are interested in learning more about the facts, myths and warning signs of suicide and depression. Provides in-service training for college credit.

Fees: None, collect calls are not accepted

Eligibility: No requirements

Area Served: San Francisco County

Application: None

Languages: Chinese (Cantonese, Mandarin), Tagalog, French, German, Spanish

Accessibility: Not necessary for service. TTY for crisis mental health I&R, and drug lines

Transportation: Not necessary for service

Funding: United Way, city, county, donations

SAN FRANCISCO TENANTS UNION
558 Capp Street (21st Street)
San Francisco, CA 94110

Phone(s):
(415) 282-6622

Days & Hours:
Mon.-Sat., hours vary

Person in Charge:
Work as a collective

Services:
Provides telephone or drop-in counseling to San Francisco tenants about their rights. Members receive phone counseling about eviction notices, lockouts, harassment, rent increases, repairs, security deposits and discrimination. Publishes a handbook on tenants' rights and a newsletter. Organizes and gives assistance to buildings that wish to form a tenants' union. Organizes around legislation affecting tenants.

Fees: $10 minimum donation requested or an annual membership fee which varies according to income from $25 - $60

Eligibility: San Francisco tenant

Area Served: San Francisco County

Application: Apply by phone or walk in

Languages: Spanish (by arrangement)

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 14 Mission, 49 Van Ness. BART - 24th Street station

Funding: Fees, donations

SELF-HELP FOR THE ELDERLY
407 Sansome Street #300
San Francisco, CA 94111

Phone(s):		**Days & Hours:**
(415) 982-9171	Sansome Street	Mon -Fri , 8 30-5
(415) 751-3394	Richmond Center	Mon -Sat , 9-1
(415) 982-9171	Manilatown Center	Mon -Fri , 9-1
(415) 391-3843	On Low Wui	Mon -Sun , 9-5
(415) 292-2383	Lady Shaw	Homecare on call 24 hrs daily
(415) 566-2845	Sunset	
(415) 750-1159	Leonard House	
(415) 666-1888	Alzheimer's Day Care Resource Center Adult Day Health Centers	Mon -Fri , 8 30 - 5

Person in Charge:
Anni Chung, Executive Director

Services:
A multiservice agency which provides a broad range to bilingual bicultural social, recreational and educational services to seniors and disabled persons. Services include social work services, case management, coordination of needed services, inter-ethnic, congregate and home delivered meals, skilled nursing, in-home support and translation. Also operates an Adult Day Health Care and an Alzheimer's Day Care Resource Center on Monday through Friday in the Richmond District. Offers employment training and placement of home health aides and housekeepers. Housing services mediate landlord/tenant disputes, and help seniors locate appropriate housing. Provides social activities and noon meal at six sites in San Francisco. The Richmond Center is located at 741-30th Avenue, the Manilatown Senior Center is located at 407 Sansome Street, Sunset Center is at 40th Avenue and Vicente Street, the Chinatown Neighborhood Center is located at 777 Stockton, and the Lady Shaw Senior Center is located at 1483 Mason Street. The Leonard House Board and Care home is located at 1771 Waller Street.

Fees: Vary according to income and service. None for most services, small donation for meals. Medi-Cal, Medicare, private insurance accepted for homecare services.

Eligibility: San Francisco or Bay Area resident, Meal program - age 60 or over. Employment and Housing services - age 55 or over

Area Served: San Francisco, San Mateo and Santa Clara Counties

Application: Apply by phone, walk in or referral

Languages:	Chinese (Cantonese, Mandarin, Toishen, Shanghainese), Filipino (Tagalog)
Accessibility:	Wheelchair accessible/restroom
Transportation:	MUNI - 30 Stockton, 45 Greenwich, 1 California, 15 Kearny, California Cable Car
Funding:	City, state, federal, United Way, donations, grants

SELF-HELP FOR THE ELDERLY
San Francisco Residential Care Facility for the Elderly
Referral Service
1483 Mason Street
San Francisco, CA 94133

Phone(s):
(415) 399-1750

Days & Hours:
Mon -Fri , 9-5

Person in Charge:
Crystal Chow

Services:
Provides information about and referral to residential care facilities for the elderly in San Francisco which meet quality of care standards. Maintains an updated computerized data base with detailed information on all eligible residential care facilities in San Francisco. Matches prospective residents seeking referral with those homes. Provides consumers with a list of three to five homes which closely match their needs. Sends referral packages with relevant information about residential care facilities.

Fees: None for referrals

Eligibility: No requirements

Area Served: San Francisco

Application: Apply by phone or mail - no drop-ins

Languages: Chinese (Cantonese, Mandarin)

Accessibility: Wheelchair accessible

Transportation: n/a - telephone service only

Funding: Grants, fees, donations

SENIOR ACTION NETWORK
1370 Mission Street, 3rd Floor
San Francisco, CA 94103

Phone(s):
(415) 863-2033
(415) 863-3846 Spanish
(415) 863-3872 Chinese
(415) 863-0520 Russian
(415) 703-0186 Fax

Days & Hours:
Mon.-Fri., 9-5

Person in Charge:
Geraldine Earp, President
Maggie Bohlman, Director

Services:
A citywide federation of senior citizen organizations organized to mobilize San Francisco seniors on issues that will directly improve the quality of our lives. Our goal is to build a strong, value based organization with seniors recruited and trained from senior centers, religious congregations, senior residences, retiree organizations and other senior groups. Monthly general meetings are held on the 2nd Thursday of each month from 10 am - 12:30 pm at First Unitarian Church, 1187 Franklin Street and are open to the public. Simultaneous translations provided in Chinese, Russian, and Spanish.

Fees: Annual organizational membership is $25.00. Annual individual membership is $5.00. Meetings are open to the public. Do not need to be a member to participate, but do need to be a member to vote

Eligibility: No requirements

Area Served: San Francisco

Application: By mail, in person, or by phone

Languages: Spanish, Chinese, and Russian

Accessibility: Office and meeting rooms are wheelchair accessible

Transportation: MUNI - 14 Mission and Market Street lines, BART - Civic Center Station

Funding: Donations, dues, grants

SENIOR CENTRAL - CENTRAL CITY AND POTRERO HILL
360 4th Street
San Francisco, CA 94107

Phone(s):
(415) 777-3233
(415) 778-0692 Fax

Days & Hours:
Mon.-Fri., 8:30-4:30

Person in Charge:
Gemmi Jones, Director

Services:
A neighborhood based information and referral services for seniors, caregivers, social service agencies and case managers. Services are available by telephone or drop-in during business hours. Assistance and follow-up are also provided.

Fees:	No cost for service
Eligibility:	Seniors must be 60 years of age or over
Area Served:	Central City (Tenderloin, North & South of Market) and Potrero Hill
Application:	Phone or walk in
Languages:	Chinese, Russian, French, Spanish and Tagalog
Accessibility:	Fully accessible
Transportation:	MUNI: 12 Folsom, 14 Mission (2 blocks), 27 Bryant (1 block), 30 Stockton, 45 Greenwich
Funding:	Commission on the Aging

SENIOR ACTION NETWORK
1370 Mission Street, 3rd Floor
San Francisco, CA 94103

Phone(s):
(415) 863-2033
(415) 863-3846 Spanish
(415) 863-3872 Chinese
(415) 863-0520 Russian
(415) 703-0186 Fax

Days & Hours:
Mon.-Fri., 9-5

Person in Charge:
Geraldine Earp, President
Maggie Bohlman, Director

Services:
A citywide federation of senior citizen organizations organized to mobilize San Francisco seniors on issues that will directly improve the quality of our lives. Our goal is to build a strong, value based organization with seniors recruited and trained from senior centers, religious congregations, senior residences, retiree organizations and other senior groups. Monthly general meetings are held on the 2nd Thursday of each month from 10 am - 12:30 pm at First Unitarian Church, 1187 Franklin Street and are open to the public. Simultaneous translations provided in Chinese, Russian, and Spanish.

Fees: Annual organizational membership is $25.00. Annual individual membership is $5.00. Meetings are open to the public. Do not need to be a member to participate, but do need to be a member to vote

Eligibility: No requirements

Area Served: San Francisco

Application: By mail, in person, or by phone

Languages: Spanish, Chinese, and Russian

Accessibility: Office and meeting rooms are wheelchair accessible

Transportation: MUNI - 14 Mission and Market Street lines, BART - Civic Center Station

Funding: Donations, dues, grants

SENIOR CENTRAL - CENTRAL CITY AND POTRERO HILL
360 4th Street
San Francisco, CA 94107

Phone(s):
(415) 777-3233
(415) 778-0692 Fax

Days & Hours:
Mon -Fri., 8:30-4:30

Person in Charge:
Gemmi Jones, Director

Services:
A neighborhood based information and referral services for seniors, caregivers, social service agencies and case managers. Services are available by telephone or drop-in during business hours. Assistance and follow-up are also provided

Fees:	No cost for service
Eligibility:	Seniors must be 60 years of age or over
Area Served:	Central City (Tenderloin, North & South of Market) and Potrero Hill
Application:	Phone or walk in
Languages:	Chinese, Russian, French, Spanish and Tagalog
Accessibility:	Fully accessible
Transportation:	MUNI: 12 Folsom, 14 Mission (2 blocks), 27 Bryant (1 block), 30 Stockton, 45 Greenwich
Funding:	Commission on the Aging

SENIOR CENTRAL - NORTHEAST
407 Sansome Street, 4th Floor (at Sacramento)
San Francisco, CA 94111

Phone(s):
(Please call 411 for number)

Days & Hours:
Mon.-Fri., 8:30-5:15

Person in Charge:
Betty Fung, Program Coordinator

Services:
A neighborhood-based program providing information on and referrals to senior services such as public income support programs, nutrition services, case management, housing assistance, in-home and logn-term care assistance, elder abuse services, and employment and training programs. Assistance in accessing needed services and follow-up are also provided.

Fees: None

Eligibility: Seniors aged 55 or over

Area Served: Chinatown and North Beach

Application: Phone or walk in

Languages: Cantonese, Mandarin, Italian

Accessibility: Wheelchair accessible

Transportation: MUNI: 1 California, 12 Folsom, 15 Third, 41 Union, 42 Downtown Loop

Funding: Commission on the Aging

SENIOR CENTRAL - RICHMOND DISTRICT
6221 Geary Boulevard, 3rd Floor (at 26th Avenue)
San Francisco, CA 94121

Phone(s):
(415) 752-2815

Days & Hours:
Not yet established

Person in Charge:
Joseph Samudio, Project Director

Services:
A single access point where seniors can receive information, referrals, and the necessary follow-up to ensure timely access to city, hospital and community-based services Referrals for Health Care, Social Services, Legal Assistance, Housing, Adult Day Centers, Transportation, In-home Support Services, etc Special emphasis on "community-based services" in the Richmond District.

Fees: None

Eligibility: Older Adults (55+)

Area Served: Greater Richmond District

Application: Apply by phone or walk in

Languages: Cantonese, Mandarin, Russian and Korean

Accessibility: Wheelchair accessible

Transportation: MUNI: 38 Geary, 29 Sunset, 2 Clement, 31 Balboa

Funding: Commission on the Aging

SENIOR CENTRAL - WESTERN ADDITION/MARINA
1600 Scott Street
San Francisco, CA 94115

Phone(s):
(415) 567-3900
(415) 273-4138 Russian
(415) 273-4140 Korean
(415) 561-1242 Fax

Days & Hours:
Mon.-Fri., 9-5

Person in Charge:
Jeffery Sterman, Director
Debbie Kay Reed, Services Coordinator

Services:
A single access point where seniors can receive assessments, referrals, and the necessary follow-up to ensure timely access to city, hospital and community-based services. Referrals for Health Care, Social Services, Legal Assistance, Housing, Adult Day Centers, Transportation, In-home Support Services, etc.

Fees: None

Eligibility: Any resident over age of 55 living within the service area

Area Served: Duboce Park, Hayes Valley, Western Addition, Fillmore, Pacific Heights, Cow Hollow and Marina

Application: Apply by phone or walk in

Languages: Russian, Korean, Japanese, Cantonese, Mandarin

Accessibility: Wheelchair accessible

Transportation: MUNI: 24 Divisadero, 38 Geary

Funding: Commission on the Aging

SeniorNet
1 Kearny Street, 3rd floor
San Francisco, CA 94108

Phone(s):
(415) 352-1210

Days & Hours:
Mon.-Fri., 8:30-5

Person in Charge:
Mary Furlong, President

Services:
Provides computer instruction and access to an on-line telecommunications network at three sites to create a community of computer using older adults. Publishes a quarterly newsletter, SeniorNet Newsline and provides discounts on computer software programs, books, magazines and other computer related products. Also publishes a variety of instructional materials. Web address: http://www.seniornet.org

Fees: $25 annual membership

Eligibility: Age 55 or over

Area Served: San Francisco County and Bay Area

Application: Walk in or apply by mail

Languages: None

Accessibility: Wheelchair accessible at all sites

Transportation: Varies according to location

Funding: Grants, membership fees, site fees

SENIOR POWER
California Association for Older Americans
805 Howard Street
San Francisco, CA 94103

Phone(s):
(415) 541-9629

Days & Hours:
Mon. - Fri., 9-3

Person in Charge:
Shirley Bierly, Director

Services:
Advocates for and educates seniors as to their rights. Provides information and referral. Will assist seniors who wish to apply for SSI. Offers recreational activities and field trips. Affiliated with the California Legislative Council for Older Americans and the National Council of Senior Citizens. Publishes the Senior Power Newsletter.

Fees: None for services. $5 per year for newsletter

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - 30 Stockton, 45 Greenwich

Funding: Grants, donations

SERVICES FOR SENIORS, INC.
1525 Post Street
San Francisco, CA 94109

Phone(s):
(415) 202-7829
(415) 759-3760 HomeShare Program
(415) 731-3335 RSVP - Retired Senior Volunteer Program

Days & Hours:
Mon.-Fri., 8-4:30

Person in Charge:
Ramona Davies, Director of Community Service
Kirsten Antonelli, HomeShare Coordinator
Maureen McGuinness, RSVP Director

Services:
Provides senior residences with hot meals and cold lunches. Also, offers social services in housing settings on a contractual basis. HomeShare Program recruits applicants with housing available and applicants that need housing and works with them on how to interview, check references and make rental agreements. RSVP recruits, trains and matches volunteers with nonprofit service providers. Offers volunteers opportunities to enhance their quality of life through meaningful activities.

Fees: Meal fees, although all meals are subsidized

Eligibility: Meals and social services for low-income senior or disabled adult living in area served. HomeShare available for any older adult or person who wants to reside with an older adult. RSVP available to anyone over age 55

Area Served: San Francisco County

Application: By phone

Languages: Spanish, Russian, (by arrangement)

Accessibility: Ramp wheelchair accessible/restroom

Transportation: MUNI - 38 Geary, Van Ness lines

Funding: COA, Corporation for National Service, fees, donations, grants

SHARE Northern California
(Self Help and Resource Exchange)
4075 Lakeside Drive
Richmond, CA 94806

Phone(s):
1 (510) 222-2506
1 (800) 499-2506
1 (510) 222-3007 FAX

Days & Hours:
Mon.-Fri., 9-5

Person in Charge:
Jan Hartsough, Director
Contact: Whoever answers phone

Services:
SHARE is a nonprofit organization open to everyone! Pay $14 in cash or food stamps at the beginning of the month, volunteer for 2 hours during the month, and receive a $25-$35 package of fresh fruits, vegetables, meats, and more at the end of the month. Vegetarian packages also available. Order as many packages as you would like. The two hours of volunteering each month can be something you are already doing, such as caregiving for a neighbor or friend. There are over 250 SHARE Host Sites (registration and distribution points) throughout Northern California. Call 1-800-499-2506 for local Host Site information..

Fees: See above description

Eligibility: None

Area Served: Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo, Solano, and Sonoma Counties. Many other counties are served throughout California

Application: None

Languages: Spanish

Accessibility: Varies by Host Site

Transportation: Depends upon Host Site

Funding: Self sustained

SOUTH OF MARKET HEALTH CENTER
551 Minna Street (Russ)
San Francisco, CA 94103

Phone(s):
(415) 626-2951

Days & Hours:
Mon -Thurs , 8-3 (Drop-in)
Fri , 8-12 (Drop-in)
Mon , 8-8 pm (Clinic)
Tues -Thurs , 8-5 (Clinic)
Fri , 8-1 (Clinic)

Person in Charge:
Christopher Stochr, MD, Medical Director
JoAnn Miller, Clinical Manager

Services:
A general family medical clinic whose services include prenatal care, family planning, pediatrics, adolescent medicine, hypertension screening, regular health maintenance, vision and hearing screening, adult care for chronic and acute illnesses. The homeless program provides health care counseling, outreach and clothing to homeless persons. Also provides individual, family, and child counseling. Provides referrals to other services.

Fees:	Sliding fee scale, Medi-Cal, Medicare, private insurance, MIA accepted
Eligibility:	San Francisco resident, we will see any sick patient coming into the clinic
Area Served:	San Francisco County, primarily South of Market District
Application:	Walk in or apply by phone. Appointment preferred
Languages:	Chinese (Cantonese, Mandarin), Filipino (Tagalog, other dialects), Spanish
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 14 Mission Street, Market Street Lines, BART - Civic Center Station
Funding:	Federal

ST. ANNE'S HOME
Little Sisters of the Poor
Spring Gardens
300 Lake Street (4th Avenue)
San Francisco, CA 94118

Phone(s):
(415) 751-6510

Days & Hours:
Mon.-Fri., 10-3:30

Person in Charge:
Angela Thorbeck, Coordinator
Loretta Hirons, Co-Coordinator

Services:
St. Anne's Home is a residential facility for the aged providing care on three levels, independent, intermediate and infirmary care. Approximately 125 individuals live in the house. Spring Gardens is a multipurpose senior activities center, which offers activities and events for seniors. Phone for a calendar of events and membership information.

Fees:	Vary according to income and service provided. None for Spring Gardens (Donation requested)
Eligibility:	Vary according to service. All services are for low-income seniors (60+)
Area Served:	San Francisco County
Application:	Must be member, with application on file
Languages:	Chinese, French, Filipino (Tagalog), Spanish
Accessibility:	Ramp wheelchair accessible/restroom
Transportation:	MUNI - 1 California, 2 Clement, 4 Sutter, 38 Geary
Funding:	Donations, St. Anne's Convalescent Hospital

ST. ANTHONY CLOTHING AND FURNITURE PROGRAM
1185 Mission Street (8th) - Administrative Offices, Clothing
San Francisco, CA 94103

101 - Eighth Street (Mission) - Donations
San Francisco, CA 94103

Phone(s):

(415) 241-8300 (donations, furniture program dishes and linen)
(415) 241-8305 (clothing information)
(415) 241-8309 (agency outreach info)
(415) 241-8302 (furniture services info)

Days & Hours:

Mon.-Fri., 8:30-4 (office, donation drop-off)
Mon.-Fri.,7:30 (lottery for men's clothing services)
Mon.-Fri., 10:30 (sign-up for family clothing services)
Mon.,Tues., Wed., Fri., 2:00 (lottery for women's clothing services)
Tues., 12:30 (dishes & linen program)
Mon.-Fri., 8:30-4:00 (donation pick-up, furniture information)
Mon.,Wed., Fri., 12:30-3:00 (furniture services, by appointment only)

Person in Charge:

Cissie Bonini, Manager
Geneva Carroll, Clothing Services Coordinator
Parker Klee, Warehouse Coordinator

Services:

Free clothing is available to San Francisco families and individuals who are in great need and unable to purchase clothing on their own. There is a lottery for men's clothing services Monday through Friday at 7:30, men must have picture ID. The first 35 men selected in the lottery sign in for services in the order in which they were picked. Services begin at 8:30. Men can return every two weeks. A lottery at 10:30, Monday through Friday for free clothing for families with children. Families must have current Medi-Cal cards (cards for all family members, all at the same address) or a referral from the St. Anthony Social Work Center. Up to 20 families can be seen daily. Families can return every four weeks. There is a lottery for women's clothing services on Monday, Tuesday, Wednesday, and Friday at 2:00. The first 30 women selected in the lottery sign in for services at 1:30 in the order in which they were picked. Women can return every two weeks.

St. Anthony Clothing & Furniture Program

There is a limited free furniture program for San Francisco residents in permanent housing. Clients can only receive furniture once in a lifetime. Clients can call 241-8302 for eligibility information. Furniture is available by referral from certain agencies. Agencies should call 241-8300 for information. Dishes, linens, and small appliances are available to San Francisco residents in need with a referral from a social service agency once every twelve months. Dishes and linen services are offered on Tuesdays from 12:30 pm. Only the first 10 people in line are seen. Donated clothing (especially men's and children's clothing, coats, and shoes), furniture, and household items in good condition (no rips, stains, carpets, large appliances, or magazines) are accepted at 101 - 8th Street (@ Mission), Monday through Friday, 8:30 - 4. Donations can be picked up in San Francisco by contacting 241-8300 between 8:30am - 3:00pm. The Distribution Center also works with social service agencies to arrange special distribution of free clothing. Clothing may be outreached to agencies based on availability.

Fees: None

Eligibility: San Francisco residents in need. To access family clothing services, must have valid Medi-Cal card or a referral from St. Anthony Social Work Center. To access dishes and linen services, clients must have a referral from a social service agency. Call 241-8302 to determine eligibility for furniture program. Clothing clients may be asked to show photo I.D.

Area Served: City and County of San Francisco

Application: For furniture program

Languages: Spanish, Laotian

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street Lines, 14 Mission, MUNI Metro/Bart: Civic Center Station

Funding: Donations

ST. ANTHONY FOUNDATION
St. Anthony Free Medical Clinic
105 and 107 Golden Gate Avenue (Jones)
San Francisco, CA 94102

Phone(s):
(415) 241-8320

Days & Hours:
Mon -Fri., 8-4 30
Podiatry Tues & Thurs
Drop-in 1 30-4

Person in Charge:
Elise Giancola, MPH Clinic Manager

Services:
A primary care medical clinic for low-income adults, families, and children Most services are for individuals less than 60 years of age However, podiatry services are open for people of all ages.

Fees: All services are free

Eligibility: SF residents who are less than 60 yrs of age and have no health insurance

Area Served: San Francisco County

Application: Drop-in

Languages: Chinese (Cantonese, Mandarin), Laotian, Mien, Sign, Spanish, Vietnamese, Thai, by appointment Russian, Tagalog

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines, 19 Polk, 5 Fulton, 31 Balboa

Funding: St Anthony Foundation, donations

ST. ANTHONY FOUNDATION
Senior Services
121 Golden Gate Avenue (Jones)
San Francisco, CA 94102

Phone(s):
(415) 241-2660 Senior Services
(415) 241-2670 Living Room

Days & Hours:
Mon. - Fri., 8-4:30
Mon. - Fri., 10-3, Closed on Wed.

Person in Charge:
Melanie Goldfeld, Program Manager
Nicole Clause, Living Room Coordinator

Services:
A multi-service senior program that offers an array of services including case management with rep payee services, information and referral services, and a spiritual outreach program. The Living Room located at 135 Golden Gate Avenue, 2nd Floor, provides a safe and quiet place for Tenderloin seniors to gather. Publishes Senior Connections, a bi-monthly newspaper with information and articles for seniors.

Fees: None

Eligibility: Vary according to service. Most services are for low-income seniors

Area Served: San Francisco County, primarily Tenderloin district

Application: Walk in or apply by phone. Drop in hours for case management are every day but Wednesday

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street Lines, 5 Fulton, BART - Civic Center Station

Funding: Donations

ST. BENEDICT'S CENTER FOR THE DEAF AND HARD OF HEARING
1801 Octavia Street
San Francisco, CA 94109

Phone(s):
(415) 567-9855
(415) 567-0438 TDD

Days & Hours:
Mon.-Fri., 10-3

Person in Charge:
Reverend Daniel Adams

Services:
Provides religious and social services to hearing impaired persons, their families and friends. Offers individual and family counseling, information and referral, and Sunday Mass (at 10:30 am in sign language). Teaches sign language. Provides information and education about AIDS to hearing impaired persons.

Fees: Vary according to income for counseling. All other services are free

Eligibility: Hearing impaired persons, their families and friends

Area Served: Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties

Application: Walk in or apply by phone

Languages: Sign

Accessibility: Interpreter for the deaf

Transportation: MUNI - 1 California, 4 Sutter, 2 Clement, 38 Geary

Funding: Donations, fees

ST. FRANCIS MEMORIAL HOSPITAL
Acute Rehabilitation Center
900 Hyde Street, 7th Floor
San Francisco, CA 94109

Phone(s):
(415) 353-6271
(415) 353-6270 Unit Manager

Days & Hours:
Mon.-Sun. - 24 Hours per day

Person in Charge:
Cindy Franks, Program Director

Services:
Offers a comprehensive in-patient rehabilitation program for patients with limitations in the following functional areas: mobility, locomotion, self-care, eating, grooming, dressing, bathing, toileting, communication, social interaction, memory, and problem solving. The functional limitations are most frequently a result of one of the following medical conditions: stroke, major multiple trauma, brain injury, spinal cord injury, amputations, fractures of the femur or hip, congenital deformities, polyarthritis, and degenerative neurological disorders (including Multiple Sclerosis, Muscular Dystrophy, Parkinson's, Guillian Barre, and polyneuropathy). Services include medical management, rehabilitation, nursing, a minimum of three hours a day of physical, occupational therapy and speech therapy, as well as social work case management services, patient and family education, and counseling services for patients and for families.

Fees: Private insurance, Medicare & Medi-Cal, and Workers' Comp

Eligibility: Individuals with one of the following medical conditions: Stroke, major multiple trauma, brain injury, spinal cord injury, amputations, fractures of the femur or hip, congenital deformities, polyarthritis, and degenerative neurological disorders

Area Served: San Francisco and the Bay Area

Application: Apply by phone

Languages: Chinese, Chinese dialects, and Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI

Funding: Medicare, Commercial insurance, Medi-Cal, Workers Comp

ST. FRANCIS MEMORIAL HOSPITAL
Healthwise Senior Program
900 Hyde Street, 1st Floor (at Pine)
San Francisco, CA 94109

Phone(s):
(415) 353-6565

Days & Hour:
Mon.-Fri., 9:30-5

Person(s) in Charge:
Bill Verducci, Manager
Healthwise Senior/Community Outreach

Services:
Medicare membership program offers information & referral, physician referral, insurance counseling, health & safety education, free blood pressure screening, physician lectures, van transportation, prescription/dental/meal discount, exercise and Tai Chi classes, trips, Lifeline emergency response system

Fees:	Free membership (minimal charge for fitness classes, Lifeline services, trips)
Eligibility:	Varies, age 50 and over
Area Served:	San Francisco and surrounding areas
Application:	1 page application, apply by mail or call
Languages:	Interpreter (by arrangement)
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 27 Leavenworth, 30 Stockton, 47 Van Ness to 1 California, 38 Geary, California Street Cable Car
Funding:	Non-profit

ST. MARY'S HOSPITAL AND MEDICAL CENTER
Adult Day Health Center (ADHC)
35 Onondaga (Ocean)
San Francisco, CA 94112

Phone(s):
(415) 334-4000
(415) 334-0819 Fax

Days & Hours:
Mon.-Fri., 8:30-5

Person in Charge:
Shirley Locke, Social Worker
Daniel Ostrow, Administrator

Services:
Offers a comprehensive day program of health, rehabilitation and social services for frail elders and disabled adults. Services include nursing and personal care, physical, speech and occupational therapy, hot noon meal, health education, and transportation. Offers recreational and social activities including arts, crafts, entertainment, and outings. Also located at this center is a specialized day care program for persons with Alzheimer's disease.

Fees: Vary according to income. Medi-Cal accepted

Eligibility: San Francisco resident, frail elderly or disabled adult

Area Served: San Francisco County: Alemany, Cayuga, Crocker-Amazon, Excelsior, Ingleside, Merced Heights, Ocean View, Outer Bernal Heights, Outer Mission, Portola, Visitacion Valley districts

Application: Apply by phone

Languages: Spanish, Tagalog

Accessibility: Wheelchair accessible/restroom

Transportation: Van transportation

Funding: Donations, grants, fees

ST. MARY'S HOSPITAL AND MEDICAL CENTER
Ben Berman Out-patient Rehabilitation Center
2235 Hayes Street, 4th Floor
San Francisco, CA 94117

Phone(s):
(415) 750-4978

Days & Hours:
Mon.-Fri., 8-4:30

Person in Charge:
Kim Hadden, Service Leader

Services:
A comprehensive outpatient rehabilitation facility which provides physical, occupational and speech therapies to persons of all ages with disabilities. Also offered are various support groups, neuropsychological counseling, social services, Breast Rehabilitation Program and recreational therapy programs. Many links to community programs such as John Adams Community College and RCH, Inc. (formerly the Recreational Center for the Handicapped).

Fees: Covered by Medicare Part B

Eligibility: Medicare and MediCal accepted

Area Served: San Francisco County

Application: Apply by phone

Languages: Interpreters available

Accessibility: Ramp, wheelchair accessible/restroom

Transportation: MUNI - 21 Hayes. Van transportation can be arranged

Funding: Medicare Part B

ST. MARY'S HOSPITAL AND MEDICAL CENTER
Senior Life Services
450 Stanyan Street (Hayes)
San Francisco, CA 94117

Phone(s):
(415) 750-5800 Senior Services
(415) 750-5785 Physicians Referral
(415) 750-5888 Gold Card Dining
(415) 750-5530 Mercy Line

Days & Hours:
Mon. - Fri., 9-5
Mon. - Fri., 9-3 (Mercy Line)

Person in Charge:
Katie Giomi, Program Director

Services:
Provides a variety of services for seniors including health education, fitness program, physician referral, discount on meals served at the hospital cafeteria, and a newsletter. The Mercy 65 Plus Program offers cost reductions for Medicare beneficiaries and assistance with health insurance. Mercy Line is a medical emergency response system which provides disabled or ill individuals with a system to request immediate help. Monitored on a 24-hour basis at the hospital.

Fees: Vary according to income and service provided

Eligibility: No requirements

Area Served: Marin, San Francisco and San Mateo Counties

Application: Apply by phone or mail

Languages: Interpreter (By arrangement)

Accessibility: Elevator, ramp, wheelchair accessible

Transportation: MUNI - 5 Fulton, 21 Hayes

Funding: Donations, grants, client fees

ST. VINCENT DE PAUL SOCIETY OF SAN FRANCISCO
Administration
425 - 4th Street, #103
San Francisco, CA 94107

Phone(s):
(415) 977-1270

Days & Hours:
Mon -Fri., 9-5

Person in Charge:
Richard Bright, Acting Executive Director

Services:
Offers a variety of social services that promote human dignity through 30 Catholic parishes and several formal social service program components. These include temporary assistance of food, clothing, and lodging for needy persons, home and institutional visitation to the sick, the elderly, the imprisoned, and the poor, alcohol detoxification, counseling, residential treatment, vocational rehabilitation, senior group activities, a shelter for women who are victims of violence and a multiservice center for homeless men. The programs are described separately.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in, apply by phone, or referral

Languages: Filipino (Tagalog), Spanish

Accessibility: Main entrance wheelchair accessible ramp

Transportation: Various

Funding: Donations

ST. VINCENT DE PAUL SOCIETY OF SAN FRANCISCO
Ozanam Reception Center
1175 Howard Street (8th Street)
San Francisco, CA 94103

Phone(s):
(415) 621-6471 Reception
(415) 864-0296 Drop in Center

Days & Hours:
Mon. - Fri., 9-12, 1-4 (Drop-in)
24 Hours daily (Detox)

Person in Charge:
Rosemary Macleod, Director

Services:
Operates the following services:

DROP-IN CENTER for substance abusers. Case management, payee services, daily support groups, free clothing (8:30 A.M., first ten people), call in morning to order emergency food boxes.

WITHE RECEPTION CENTER and HOWARD STREET DETOX. Open 24 hours. Entry point for male and female substance abusers seeking short or long term treatment. Assessment, detox and referral to other programs. Stay: 1 to 5 days.

Fees: $10 fee for Howard St. Detox, however, no one will be denied service for lack of funds

Eligibility: Substance abusing men and women

Area Served: San Francisco County

Application: Walk in or referral

Languages: Spanish

Accessibility: Wheelchair accessible on first floor only

Transportation: MUNI - 14 Mission, 19 Polk, MUNI Metro/BART - Civic Center Station. Also, Mobile Assistance Patrol will transport

Funding: Community Substance Abuse Services, grants, etc.

SUNSET SENIOR CENTER
Christ Lutheran Church
1090 Quintara Street (20th Avenue)
San Francisco, CA 94116

Phone(s):
(415) 759-9507

Days & Hours:
Mon -Fri , 9-2

Person in Charge:
Peggy Dreer

Services:
Provides lunch and an activity program for seniors Recreational activities include films, bingo, nutrition and health education, health screening, entertainment, music and dance classes

Fees:	$1 25 suggested lunch donation
Eligibility:	Age 60 or over
Area Served:	San Francisco County, primarily Sunset, Richmond, Haight and Parkside districts
Application:	None
Languages:	Chinese
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 29 Sunset, 71 Noriega, L Taraval, 28 19th Avenue
Funding:	Donations, Salvation Army, Commission on the Aging

TELEGRAPH HILL NEIGHBORHOOD ASSOCIATION
660 Lombard Street (Mason)
San Francisco, CA 94133

Phone(s):

(415) 421-6443 Social Center
(415) 421-6444 Nursery School
(415) 421-6464 Youth Services
(415) 421-6441 Medical Center

Days & Hours:

Mon. - Fri., 10-5 (Office)
Mon. - Fri., 9-2 (Seniors)
Mon. - Fri., 10-6 (Youth)
Mon. - Fri., 9-5 (Med. Ctr.)

Person in Charge:

Denise McCarthy, Executive Director
Hope Halikias, Director of Senior Programs
Paula Minkus, Children's Center Director
Ben Fong, MD, Medical Director

Services:

A multipurpose center for residents of North Beach, Chinatown and Telegraph Hill Districts. Services are provided to children age 2 ½ through seniors. Services include a cooperative nursery school, childcare for age 2 ½ - 6, an after school program, tutoring recreational and cultural activities, arts and crafts, local job and economic development, health education, blood pressure screening, exercise and movement classes, a hot lunch for seniors, fast pass distribution, and distribution of commodity surplus foods.

Fees: Vary according to service. Suggested donation for senior meals $1.25. Tuition fees for the children's center. Youth program free

Eligibility: Some programs have age and income requirements

Area Served: San Francisco County, primarily North Beach, Chinatown

Application: Apply by phone

Languages: Chinese, Italian, Spanish (by arrangement)

Accessibility: Ramp, wheelchair accessible/restroom

Transportation: MUNI - 15 Kearny, 30 Stockton, 42 Downtown Loop, Powell and Mason cable car

Funding: United Way, grants donations, state

TEMPLE BAPTIST CHURCH
Senior Center
3355 - 19th Avenue
San Francisco, CA 94132

Phone(s):
(415) 566-4080

Days & Hours:
Mon., 10:30 - 1
(September -June)

Person in Charge:
Joan Dahlstrom, Facilitator

Services:
A senior center offering small group discussion sessions, crafts and total group involvement in exercise, lunch and program time or occasional outings. Provides an atmosphere conducive to meeting new people and developing friendships.

Fees:	Hot lunch $2
Eligibility:	Senior citizen age 55 or over
Area Served:	San Francisco County, Park Merced, Stonestown districts
Application:	Walk in or apply by phone
Languages:	None
Accessibility:	Wheelchair accessible, special parking
Transportation:	MUNI Metro - M Oceanview, 28 - 19th Avenue stop within 1 block
Funding:	Church

TENDERLOIN ELDER FRIENDS
559 Ellis Street
San Francisco, CA 94109

Phone(s):
(415) 928-6209

Days & Hours:
Mon.-Fri., 10-4

Person in Charge:
David Kaye, Volunteer Coordinator

Services:
Volunteers visit and assist isolated Tenderloin seniors on an ongoing basis to chat and run errands or shop. Volunteers may be called upon to meet one-time needs, but the real goal of the group is to build long-term friendships.

Fees:	None
Eligibility:	Seniors who live in San Francisco's Tenderloin District
Area Served:	San Francisco County, Tenderloin District
Application:	Apply by phone
Languages:	None
Accessibility:	Elevator
Transportation:	MUNI - Market Street lines. MUNI Metro/BART - Powell Street Station
Funding:	Donations, San Francisco Network Ministries

UCSF/MOUNT ZION
Outpatient Department
2380 Sutter Street
San Francisco, CA 94115

Phone(s):
(415) 885-7474

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Annemarie Kneuker, Clinic Administrator

Services:
Provides comprehensive medical and psychological evaluation, treatment and consultation for health problems for people of all ages.

Fees:	Vary according to income and service. Medi-Cal, Medicare, private insurance accepted
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Apply by phone or walk in
Languages:	Russian, Interpreters (by arrangement)
Accessibility:	Elevator, ramp, wheelchair accessible/restroom
Transportation:	MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter, 22 Fillmore, 24 Divisadero, 38 Geary
Funding:	Mount Zion Hospital

UCSF/MOUNT ZION
Home Care
3330 Geary Boulevard, 1st Floor
San Francisco, CA 94118

Phone(s):
(415) 476-8287
(415) 476-9164 Intake Coordinator

Days & Hours:
Daily, 8am-8pm (Office hours)

Person in Charge:
Marjorie Flores, Home Care Director
Shirley Dauchan, Intake Coordinator

Services:
Provides skilled services in an individual's home under the direction of a physician. Patients must be in need of nursing care or rehabilitative services such as physical or speech therapy to qualify for Medicare reimbursed services. Medical social work, home health aide and occupational therapists are available, as needed.

Fees:	Vary according to service, Medi-Cal, Medicare, private insurance accepted
Eligibility:	Must be under a doctor's care and a resident of the area served
Area Served:	Marin, San Francisco, San Mateo, Sonoma Counties and the East Bay
Application:	Apply by phone
Languages:	Chinese (Cantonese), Filipino (Tagalog), Russian, Spanish
Accessibility:	Elevator, wheelchair accessible/restroom
Transportation:	MUNI - 38 Geary
Funding:	Insurance Reimbursement

UCSF/MOUNT ZION CENTER ON AGING
Lakeside Senior Medical Center
2501 Ocean Avenue (at Junipero Serra)
San Francisco, CA 94132

Phone(s):
(415) 586-8600

Days & Hours:
Mon -Fri , 8 30-5

Person in Charge:
Dr. Daniel Pound, Medical Director
Carolyn Buretta, Practice Manager
Contact Person: Mary Lu Murphy, Social Worker
Regina Creed, Administrative Assistant

Services:
Provides primary medical care to individuals age 65 and over who have Medicare Parts A&B. Other services include lab, podiatry, social work, patient care management, patient & family counseling, caregivers support group (now held at Goldman Institute on Aging - 3330 Geary Boulevard), and a self-care library. Psychotherapy is offered on site by the Mount Zion Gero-psychology Program. As a part of Toland and Brown Medical Group, Lakeside Senior Medical Center accepts Medicare, Medi-Cal, Health Net Seniority Plus and Secure Horizons.

Fees: See above

Eligibility: See above

Area Served: San Francisco

Application: Apply by phone

Languages: Spanish, Norwegian, other language translation by arrangement

Accessibility: Wheelchair accessible/restroom

Transportation: MUNI - 28 - 19th Ave , 17 Parkmerced, Muni Metro - K Ingleside, M Oceanview

Funding: UCSF and Insurances

UNITED CEREBRAL PALSY OF SAN FRANCISCO
660 Market Street, #401
San Francisco, CA 94104

Phone(s):
(415) 627-6939

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Michael Slicton-Williams, Executive Director

Services:
For persons with cerebral palsy and other physical/developmental disabilities and their families. Services include counseling for individuals and family, crisis intervention/ emergency assistance, individual and public advocacy, professional and public education, and general information and referral. Financial assistance available for recreation programs to those in need. Programs include: Parents United for Relief and Respite (PURR), a Saturday respite program for children ages 2-12. Respitality Program combines the hospitality of donated hotel rooms with respite care by (UCP) to offer parents of children with disabilities an overnight break. Southeast Asians with Disabilities (SEAD) Program provides services such as advocacy and education to refugees with disabilities and their families. Project Opportunity provides instruction and support to persons with develop-mental disabilities for a variety of community/recreational activities. It also provides individualized job-finding services, training and support for employees, co-workers and employers. Choices provides employment and community inclusion services in Alameda and Contra Costa counties.

Fees: None for most services

Eligibility: Persons with cerebral palsy and other physical/developmental disabilities and their families

Area Served: San Francisco County

Application: By phone

Languages: Tagalog, Mandarin, Vietnamese, Cambodian

Accessibility: Wheelchair accessible, elevator, restroom

Transportation: MUNI - Market Street lines. MUNI Metro/BART - Montgomery Street Station

Funding: Grants, donations, government fees

UNITED STATES GOVERNMENT
Department of Health and Human Services
Social Security Administration
Bayview Hunter's Point Branch Office
3801 Third Street, Suite 280
San Francisco, CA 94124

Phone(s):
(800) 772-1213 Teleservice Center
(800) 325-0778 TTY
(415) 556-5325 Office

Days & Hours:
Mon. - Fri., 7 am-7 pm (Teleservice and TTY)
Mon. - Fri., 9-4:30 (Office)

Person in Charge:
LaVonne Rayford-Wilson, Branch Manager

Services:
A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and some people age 64 or under who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. Information about qualifications and the documents which must be submitted with the application is provided at the time the appointment is made.

Fees: None

Eligibility: Vary according to age, income, med. records and work history

Area Served: San Francisco County, primarily zip codes 94107, 94124, 94134

Application: Walk in, apply by phone or mail

Languages: Filipino, Spanish, Samoan

Accessibility: Wheelchair accessible/restroom

Transportation: MUNI - 15 Third, 19 Polk, 54 Felton, 44 O'Shaughnessy

Funding: Federal

UNITED STATES GOVERNMENT
Department of Health and Human Services
Social Security Administration
Chinatown Branch Office
560 Kearny (Sacramento)
San Francisco, CA 94108

Phone(s):
(800) 772-1213 Teleservice Center
(800) 325-0778 TTY
(415) 705-1065 Office

Days & Hours:
Mon.-Fri., 7am-7pm
(Teleservice & TTY)
Mon.-Fri., 9-4:30

Person in Charge:
Lillian Lau, Branch Manager

Services:
A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and some people 64 or under who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. Applications for all benefits may be made in person or, in some cases by mail or phone, and it is necessary to call first for information about qualifications and the documents which must be submitted with the application. Applications are taken on a first come, first served basis. You may request an appointment if preferred.

Fees: None

Eligibility: Vary according to age, income, medical records and work history

Area Served: San Francisco County, primarily zip codes 94108, 94133, 94111

Application: Walk in, apply by phone or mail

Languages: Chinese (Cantonese, Mandarin), Russian, Spanish

Accessibility: Wheelchair accessible through 560 Kearny

United States Government - Social Security Administration - Chinatown Branch

Transportation: MUNI - 15 Third, 1 California, 9X San Bruno Express, California Street Cable Car

Funding: Federal

UNITED STATES GOVERNMENT
Department of Health and Human Services
Social Security Administration
Civic Center District Office
10 United Nations Plaza, 5th Floor
San Francisco, CA 94102

Phone(s):

(800) 772-1213 Teleservice Center
(800) 325-0778 TTY
(415) 556-3226 General
(415) 556-3224 SSI Inquiries
(415) 556-3223 Social Security Inquiries

Days & Hours:

Mon. - Fri., 7 am-7 pm (Teleservice and TTY)
Mon. - Fri., 9-4:30 (Office)

Person in Charge:

Grace Williams, District Manager

Services:

A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and those who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. Applications for all benefits may be made in person or, in some cases by mail or phone, and it is necessary to call first for information about qualifications and the documents which must be submitted with the application. Applications are taken on a first come, first served basis. An appointment can be requested if preferred.

Fees: None

Eligibility: Vary according to age, income, medical records and work history

Area Served: San Francisco Co. primarily zip codes 94102, 94103, 94104, 94105, 94109, 94119, 94120, 94121, 94123, 94129, 94130, 94139

Application: Walk in, apply by phone or mail

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), Spanish, Vietnamese

United States Government - Social Security Administration - Civic Center District Office

Accessibility:	Wheelchair accessible
Transportation:	MUNI - Market Street lines MUNI Metro/ BART - Civic Center Station
Funding:	Federal

UNITED STATES GOVERNMENT
Department of Health and Human Services
Social Security Administration
Mission District Office
1098 Valencia Street (22nd St.)
San Francisco, CA 94110

Phone(s):
(800) 772-1213 Teleservice Center
(800) 325-0778 TTY
(415) 556-4043 Office

Days & Hours:
Mon. - Fri., 7 am-7 pm (Teleservice and TTY)
Mon. - Fri., 9-4:30 (Office)

Person in Charge:
Benjamin Gryn, Assistant District Manager

Services:
A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and some people 64 or under who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. It is advisable to call first for information about qualifications and the documents to be submitted with the application.

Fees: None

Eligibility: Vary according to age, income, medical records and work history

Area Served: San Francisco County, primarily zip code 94107, 94110, 94112, 94114

Application: Walk in, apply by phone or mail

Languages: Filipino (Tagalog), Italian, Spanish, Cantonese

Accessibility: Wheelchair accessible/restroom

Transportation: MUNI - Bus lines 26 Valencia, 14 Mission, 49 City College, BART - 24th Street Station

Funding: Federal

UNITED STATES GOVERNMENT
Department of Health and Human Services
Social Security Administration
Parkside Branch Office
1569 Sloat Blvd., Suite 300
San Francisco, CA 94132

Phone(s):
(800) 772-1213 Teleservice Center
(800) 325-0778 TTY
(415) 556-4078 Office

Days & Hours:
Mon.-Fri., 7 am - 7 pm (Teleservice and TTY)
Mon.-Fri., 9-4:30 (Office)

Person in Charge:
Betsy Lutz, Branch Manager

Services:
A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and some people 64 or under who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. Phone first for information about qualifications and the documents which must be submitted. Walk in applicants are seen on a first come, first served basis.

Fees: None

Eligibility: Vary according to age, income, med. records and work history

Area Served: San Francisco County, primarily zip codes 94114, 94116, 94122, 94127, 94128, 94131, 94132

Application: Walk in, apply by phone or mail

Languages: Spanish

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - 23 Monterey

Funding: Federal

UNITED STATES GOVERNMENT
Department of Health and Human Services
Social Security Administration
Western Addition Branch Office
1405 Fillmore Street
San Francisco, CA 94115

Phone(s):
(800) 772-1213 Teleservice Center
(800) 325-0778 TTY
(415) 556-9325 Office
(415) 556-3473 SSI only

Days & Hours:
Mon. - Fri., 7am-7pm
(Teleservice Center & TTY)
Mon. - Fri., 9-4:30 (Office)

Person in Charge:
Mike Gerber, Branch Manager

Services:
A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and some people 64 or under who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security card applications available.

Fees: None

Eligibility: Vary according to age, income, med. records and work history

Area Served: San Francisco County, primarily zip codes 94115, 94117, 94118

Application: Walk in, apply by phone or mail

Languages: Russian, Cantonese. Recommend non-English speaking persons bring in an interpreter

Accessibility: Wheelchair accessible/restroom

Transportation: MUNI - 22 Fillmore, 38 Geary, 31 Balboa

Funding: Federal

UNITED STATES GOVERNMENT
Small Business Administration (SBA)
Service Corps of Retired Executives (SCORE)
455 Market Street, 6th Floor
San Francisco, CA 94105

Phone(s):
(415) 744-6827

Days & Hours:
Mon.-Fri., 10-12, 1-2

Person in Charge:
Al Rose, Counselor, Public Relations
Harold Raab, Regional Director

Services:
A volunteer organization of retired business people (sponsored by the United States Small Business Administration) who share their management expertise with small businesses upon request. Assists in solving problems of an existing business or planning the opening of a new business. Volunteers' areas of expertise include accounting, finance, record keeping, taxes, marketing, advertising, retailing, manufacturing, sales and service businesses. Also conducts workshops for a small fee on how to start a business and selected subjects as indicated

Fees: Vary according to service

Eligibility: No requirement

Area Served: Alameda, Contra Costa, Marin, San Francisco, San Mateo Counties

Application: Apply by phone or mail

Languages: Interpreters (by arrangement)

Accessibility: Elevator, ramp, wheelchair accessible/restroom

Transportation: MUNI - Market Street, 14 Mission, 42 Downtown Loop. MUNI Metro/BART - Embarcadero Station

Funding: Federal (Small Business Administration)

UNITED STATES GOVERNMENT
Veterans Administration Medical Center
4150 Clement Street (42nd Avenue)
San Francisco, CA 94121

Phone(s):
(415) 221-4810

Days & Hours:
Mon. - Fri., 8-4:30 (Office)
24 hours daily

Person in Charge:
Lawrence C. Stewart, Director

Services:
Provides general medical surgical and psychiatric services for veterans. Inpatient and outpatient services include: arthritic rheumatology, cardiology, dermatology, endocrinology, eye, ear, nose, and throat, gastrointestinal, hermatology, hemodialysis, homeless care, infectious disease, medical research, neurology, neurosurgery, nuclear medicine, heart surgery, ophthalmology, orthopedic, plastic surgery, podiatry, psychiatric, respiratory care, general surgery, social work, and comprehensive women's services. Offers limited dental care, eye glasses, and other prosthetics based on eligibility.

Fees: Vary according to eligibility category. Private insurance accepted

Eligibility: Veterans with other than dishonorable discharge, eligibility individually determined

Area Served: Marin, San Francisco, San Mateo, Humboldt, Mendocino, Napa, and Sonoma Counties

Application: Appointment and walk in, preferably during office hours

Languages: Chinese, Filipino (Tagalog), Japanese, Spanish, Russian (by arrangement)

Accessibility: Special parking, ramp, wheelchair accessible/restroom

Transportation: MUNI - 38 Geary (Fort Miley)

Funding: Federal

UNITED STATES GOVERNMENT
Veterans Administration Medical Center
Substance Abuse Programs
4150 Clement Street (42nd Avenue)
San Francisco, CA 94121

Phone(s):
(415) 750-2127 Outpatient
(415) 750-2127 Triage
(415) 750-2075 Inpatient Unit

Days & Hours:
Mon.-Fri., 8-4:30 (Office)
Mon.-Fri., 1-3:30 (Triage)
24-Hour Residential Program

Person in Charge:
Donald J. Tusel, MD, Director

Services:
A substance abuse treatment program for veterans. The outpatient clinics provide individual, family and group counseling, a complete education series including family education, optional antabuse prescriptions and recreational activities. The inpatient unit provides a variable length-of-stay treatment program averaging 14 days. Clients must be sober (Breathalyser = 0) before admittance. The program includes individual, family and group therapy, occupational therapy, an AA study group, education, optional antabuse prescriptions, and a 2 year outpatient follow-up program. Non-veteran patients may also enroll in treatment programs for alcoholism, heroin addiction and cocaine abuse if they are willing to participate in medical studies.

Fees: None

Eligibility: Veterans with honorable or general discharge. Non-veterans must be willing to participate in medical studies

Area Served: Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties, Northern California

Application: Walk in Monday through Friday, 1:00 - 3:30 pm, Substance Abuse Triage Clinic, Bldg. 8

Languages: Lithuanian, Spanish (by arrangement)

Accessibility: Special parking, ramp, wheelchair accessible/restroom

Transportation: MUNI - 38 Geary (Fort Miley)

Funding: Federal

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO (UCSF)
Beckman Vision Center
8 Kirkham Street
San Francisco, CA 94143-0644

Phone(s):
(415) 476-3700

Days & Hours:
Mon. - Fri., 9-5

Person in Charge:
Stuart R. Seiff, M.D.

Services:
A comprehensive outpatient eye facility which provides diagnosis and treatment of eye diseases and disorders. Specialty clinics include cornea, glaucoma, oncology, pediatrics, plastic surgery, retina, uveitis, and external eye disease.

Fees: Vary according to income and service. Medi-Cal, Medicare, private insurance accepted

Eligibility: No requirements

Area Served: Alameda, Contra Costa, Marin, San Francisco, and San Mateo Counties

Application: Apply by phone. Appointment necessary

Languages: Spanish, Russian, Cantonese, Tagalog

Accessibility: Ramp, elevator, wheelchair accessible/restroom, parking/handicapped parking

Transportation: MUNI - 6 Parnassus, 66 Quintara, 43 Masonic, MUNI Metro - N Judah

Funding: Patient fees, state

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO (UCSF)
Center on Deafness
3333 California Street, Suite 10 (Presidio)
San Francisco, CA 94143-1208

Phone(s):
(415) 476-4980 Voice
(415) 476-7600 TDD

Days & Hours:
Mon. - Thurs., 8:30-5
Tues. evening by appointment only

Person in Charge:
Nancy Moser, LCSW, Clinical Director

Services:
Provides outpatient mental health services to deaf or hearing impaired children, adults and their families. Services include individual, couples and family psychotherapy and counseling, psychiatric, psychological and neuropsychological evaluations, evaluation for and management of psychotropic medications, consultation to families, schools and the community. Also offers a training program to professionals and students in deafness-related service and research fields.

Fees: Vary according to income. Medi-Cal, private insurance accepted

Eligibility: Eligibility to be screened by phone intake worker

Area Served: San Francisco, Alameda, Solano and Contra Costa Counties' residents who meet eligibility. For third party payments or insurance, can serve individuals from the entire Bay Area or Northern California

Application: Apply by phone. Appointment necessary

Languages: American Sign, Signed English

Accessibility: Wheelchair accessible

Transportation: MUNI - 1 California, 3 Jackson, 4 Sutter, 2 Clement, 43 Masonic

Funding: City, county, state, federal

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO - DENTAL SCHOOL
707 Parnassus Avenue, Room D-1000
San Francisco, CA 94143

Phone(s):
(415) 476-1891
(415) 476-1778 TTY/TDD
(415) 476-0409 Fax

Days & Hours:
Mon. - Fri., 9-12, 2-5

Person in Charge:
Call 476-1891 for Intake Exam Appointment

Services:
Dental services for patients, treatment performed by dental students under supervision. Treatment can be slow. Plan on each appointment being 3 hours. Costs of travel and numerous appointments should be weighed against expected savings. By appointment only (non-emergency).

Fees:	Approximately 1/2 of regular dental fees. Charges paid as treatment progresses. Insurance and Medi-Cal accepted. Intake exam, complete x-rays $50. Accepts cash, check, Visa, Master Card
Eligibility:	Call for appointment
Area Served:	------
Application:	Call for Intake Exam Appointment
Languages:	None
Accessibility:	Wheelchair accessible
Transportation:	MUNI Metro - N Judah
Funding:	State, patient fees

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO (UCSF)
Langley Porter Psychiatric Institute
Memory Clinic and Alzheimer Center
Mailing Address:
1350 - 7th Avenue, 2nd Floor, CSBS - 228
San Francisco, CA 94143-0848

Register at:
401 Parnassus Avenue (Irving)
San Francisco, CA 94122

Phone(s):
(415) 476-7606

Days & Hours:
Mon. - Fri., 9-4:30

Person in Charge:
Morton A Lieberman, Ph.D., Director
Mariann Di Minno, RN, MA, Administrator and Clinical Coordinator

Services:
Provides evaluation and treatment planning for persons who seem confused, depressed, and have memory problems. Special attention is given to the spouse or family, who is taking care of the patient. Family conferences are held to discuss the evaluation and make recommendations. Provides home visit evaluations as needed to assess the patient and to assist the family. Provides information and referrals to other social agencies and coordinates with the community physician who has been involved with the patient.

Fees: Vary according to income. Medi-Cal, Medicare, private insurance accepted

Eligibility: Persons who demonstrate memory impairment and/or symptoms of Alzheimer-type or other dementia

Area Served: Alameda, Contra Costa, Marin, San Francisco, San Mateo and Santa Clara Counties, Northern California

Application: Apply by phone

Languages: Interpreter (by arrangement)

Accessibility: Elevator, ramp, wheelchair accessible/restroom

UCSF - Langley Porter - Memory Clinic and Alzheimer's Center

Transportation: MUNI - 6 Parnassus, 43 Masonic, 66 Quintara, MUNI Metro - N Judah. Taxi vouchers available for persons in financial need

Funding: State, client fees

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO (UCSF)
San Francisco General Hospital
Family Dental Center
1001 Potrero Avenue, Building 20, Room 2203
San Francisco, CA 94110

Phone(s):
(415) 476-5692
(415) 476-0416 Fax

Days & Hours:
Mon. - Fri., 8-5 (Administration)
Mon. - Fri., 9-4:30 (Appts.)

Person in Charge:
Nelson Artiga, DDS., MPH, Clinic Director

Services:
Provides comprehensive dental care, including fillings, dentures, bridges, root canals, oral surgery, dental hygiene and education. Long wait for orthodontic and periodontic work (referral to main campus clinic). A special clinic provides maxillo-facial rehabilitation (facial reconstruction) and treatment of cleft palate inquire at regular clinic. Clinic reserves rights to reject patient who requires unusually extensive or complex work, though this is rarely done. Drop-in to make an appointment for screening exam which includes mandatory full mouth x-rays. Subsequent treatment may not begin for as much as two to three weeks. Emergency patients who come in for immediate care should know that they may have to wait for treatment. In general, care is much less expensive than from a private dentist but will probably take three to four times longer to complete. Speciality clinic services are referred to the University of California Dental Clinic on Parnassus Ave. Follow-up to specialty care provided

Fees: Emergency fee is $50. X-ray is $44, examination fee is $21, both fees (total $65) must be paid in advance. Other fees vary according to service. Medi-Cal, private insurance accepted

Eligibility: No requirements

Area Served: Alameda, Contra Costa, Marin, San Francisco and San Mateo

Application: Walk in

Languages: Spanish, others (by arrangement)

Accessibility: Elevator, ramp, wheelchair accessible/restroom

Transportation: MUNI - 47 Van Ness, 48 Quintara, 33 Ashbury, 9 San Bruno

Funding: State, fees

UNIVERSITY OF THE PACIFIC (UOP)
Dental Clinic
2155 Webster Street (Sacramento)
San Francisco, CA 94115

Phone(s):

(415) 929-6500 Information
(415) 929-6555 Orthodontic Clinic
(415) 929-6501 Main Clinic
(415) 929-6550 Pediatric Clinic

Days & Hours:
Mon.-Fri., 9-5

Person in Charge:
Dr. Ronald F. Borer, Associate Dean, Clinical Services

Services:
Provides comprehensive general dental care, including fillings, dentures, bridges, root canals, oral surgery, limited periodontic work. Dental work is performed by students under supervision. No appointment is necessary for screening exams, which are given at 9 am and 2 pm, Monday through Friday. Emergencies can be seen between 9 am - 5 pm. Clinic is closed during standard school holiday periods and between academic quarters - phone to check. For orthodontic consultations, phone for appointment. Children's Clinic emergency by appointment only.

Fees: $44 preliminary exam & $16 x-ray. $20 - $100 for emergencies. Payable in full at time of visit. Generally fees are 30% - 40% less than private practice, discount on partial and complete dentures for seniors. Accepts Medi-Cal or dental insurance

Eligibility: No requirements

Area Served: Bay Area Counties, all people are welcome

Application: Walk in at 8:30 am or 1:30 pm for screening. Apply by phone for orthodontics

Languages: Cambodian, Chinese (Cantonese, Mandarin), Farsi, Tagalog, French, German, Japanese, Russian, Spanish (by arrangement)

Accessibility: Freight elevator, ramp, wheelchair accessible/restroom

Transportation: MUNI - 1 California, 3 Jackson, 24 Divisadero, 22 Fillmore

Funding: University, fees

VISITACION VALLEY COMMUNITY CENTER
50 Raymond Avenue (Bayshore Blvd.)
66 Raymond Avenue (Senior Center)
San Francisco, CA 94134

Phone(s):
(415) 467-6400 Childcare
(415) 467-4499 Senior Program

Days & Hours:
Mon. - Fri., 9-5
Mon. - Fri., 7-6 (Childcare)
Daily, 9-5 (Senior Program)
Sat., 10-2, Sun., 9-4:30

Person in Charge:
Julie Kavanagh, Executive Director
Patricia Crocker, Senior Program Director

Services:
A community center for all ages. Provides neighborhood recreational and cultural activities as well as community organization and development. Childcare is provided to children through a daycare center, a preschool program, and an after-school program. Sponsors the Visitacion Valley Youth Program which provides activities at various locations, including after-school employment, summer jobs, gang prevention programs, recreation and sports. Senior center program offers hot lunches, arts and crafts, socialization, health education, field trips, etc. A food distribution service is available four days a week 9-12 noon.

Fees: Vary according to income for childcare. $1.25 donation for senior lunch. Other programs free

Eligibility: Low-income resident of area served. For childcare, age 2-11

Area Served: San Francisco County, primarily Visitacion Valley District. San Mateo County

Application: Walk in or apply by phone

Languages: Chinese, Spanish, Filipino (Tagalog)

Accessibility: Ramp, wheelchair accessible/restroom

Transportation: MUNI - 9 San Bruno, 9X San Bruno Express, 15 Third Street

Funding: City (COA, Mayor's Office of Children, Youth and Families Neighborhood Arts), state, United Way, grants, donations

VISITACION VALLEY SENIOR CENTER
66 Raymond Avenue (Bayshore)
San Francisco, CA 94134

Phone(s):
(415) 467-4499

Days & Hours:
Daily, 9-4

Person in Charge:
Pat Crocker, Director

Services:
A multi-purpose senior center for residents of the Visitacion and Portola Valley Districts. Provides sewing, game time, ceramics, recreation, painting class, ice cream social, movies, lunch and dinner outings, free and discount tickets, day trips, overnight trips, trips to Reno, bingo, parties and guest speakers. Serves a lunch 365 days a year and participates in a food commodities program. Provides blood pressure checks, escorted grocery shopping, information and referral, support services, outreach, health services and grievance counseling.

Fees: Suggested lunch donation $1.25

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily Visitacion Valley and Portola Valley Districts

Application: Walk in

Languages: Chinese, Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 9 San Bruno, 15 Third

Funding: County (Commission on the Aging)

VISITING NURSES AND HOSPICE OF SAN FRANCISCO
Coming Home Hospice Residence
115 Diamond Street (18th Street)
San Francisco, CA 94114

Phone(s):
(415) 861-1110
(415) 552-8349 TDD/TTY
(415) 431-4071 Fax

Days & Hours:
Mon - Fri, 8-5 (Intake)

Person in Charge:
Ellen Allen, Director of Clinical & Professional Services
Linda Edelstein, Facilities Manager

Services:
A homelike 15-bed congregate-living health facility for persons with AIDS, cancer or other terminal illnesses whose life expectancy is limited to six months or less. 24-hour care and support is provided by registered nurses, licensed vocational nurses, attendants, chaplains, social workers, and volunteers. Meals, laundry service, and recreation therapy are also provided.

Fees: Vary according to income. Room and board, up to $75 per day. Medi-Cal, Medicare, private insurance, HMO, SSI accepted

Eligibility: Diagnosis of AIDS, cancer or other terminal illness that requires 24-hour supervision and intermittent skilled care

Area Served: San Francisco County, northern San Mateo County

Application: Apply by phone

Languages: Spanish, Chinese, Filipino (Tagalog) - By arrangement

Accessibility: Wheelchair accessible

Transportation: MUNI - 24 Divisadero, 33 Stanyan, F Market

Funding: Donations, fees, United Way

VISITING NURSES AND HOSPICE OF SAN FRANCISCO
Home Health and Hospice Programs
3360 Geary Boulevard
San Francisco, CA 94118

Phone(s):
(415) 750-4404
(415) 221-9427 TDD
(415) 221-7014 Fax

Days & Hours:
Mon. - Fri., 8-5 (Office)
24 hours daily (Nurses available)

Person in Charge:
Anita Semple, MSN, RN, PHN, Administrator

Services:
Provides nursing services, homemaker, home health and other therapeutic services in the home or a homelike alternative setting. Also provides education and support for families, friends and loved ones involved in patient care. Care is provided by interdisciplinary teams comprised of medical directors, nurses, rehabilitation therapists, social workers, home health aides, nutrition counselors, chaplains and volunteers. Specialized programs include Home Health Care, Home Hospice Care, Coming Home Hospice Residence, AIDS Home Care and Hospice, Maternal-Child Health Care, Pediatric Nursing, I.V. Therapy, Bereavement Support Services, Volunteer Support Services, Hospice Counseling at San Francisco General Hospital and private duty services.

Fees: Vary according to income and service. Medi-Cal, Medicare, private insurance accepted

Eligibility: Physician's approval for service, resident of area served. Diagnosis of illness that limits life expectancy for hospice patients

Area Served: San Francisco County, Brisbane, Colma, Daly City, Millbrae, Pacifica, San Bruno, South San Francisco

Application: Apply by phone. Requests for service may be made by anyone, but service is given only with physician's orders

Languages: Chinese, Filipino, Japanese, Spanish

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Fees, United Way, donations

VOLUNTEER CENTER OF SAN FRANCISCO
1160 Battery Street, Suite 70 (Union)
San Francisco, CA 94111

Phone(s):
(415) 982-8999
(415) 399-9214 Fax
(415) 982-4663 TDD

Days & Hours:
Mon. - Fri., 8:30-4:30
Some evening orientation sessions

Person in Charge:
Charles Greene, Executive Director

Services:
The Volunteer Center of San Francisco serves non-profit organizations, individuals, city agencies, and other civic groups as a clearinghouse of volunteer information in the city. In 1995, the Volunteer Center referred 20,000 volunteers to 650 agency members. Also, the Center provides technical assistance (consultation, training) on volunteer management and operates several innovative community service programs.

Fees:	None for volunteers
Eligibility:	No requirements
Area Served:	San Francisco County
Application:	Apply by phone. Appointment preferred
Languages:	Spanish, Tagalog
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 42 Downtown Loop
Funding:	Foundations, corporations, United Way of the Bay Area, and private donations

WESTERN ADDITION SENIOR CITIZENS' SERVICE CENTER, INC.
1390½ Turk Street
San Francisco, CA 94115

Phone(s):
(415) 921-7030
(415) 921-7805

Days & Hours:
Mon. - Fri., 9-5 (Office)

Person in Charge:
Frederick D. Hubbard, Executive Director

Services:
A senior center that provides information, referral, outreach, recreation, arts and crafts, games, parties, field trips, shopping assistance, transportation seven (7) days a week, nutrition education, In-Home Support Service and free commodities and clothing. Serves a daily nutritious meal to senior age 60 or over. Meals are served from 11:30 am - 2 pm on a first come, first served basis, Monday through Sunday, including holidays. Approximately 130 meals are delivered to homebound seniors.

Fees: Suggested donation of $1.25 for meals

Eligibility: Age 60 or over, spouses of same

Area Served: San Francisco County, primarily Western Addition

Application: Apply by phone or walk in

Languages: Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 5 Fulton, 22 Fillmore, 31 Balboa

Funding: City and County (Commission on the Aging), USDA, United Way, Beulah Homes Older Adults and Western Addition Senior Citizens' Center

WOMAN, Inc.
333 Valencia Street, Suite 251
San Francisco, CA 94103

Phone(s):
(415) 864-4777 Business
(415) 864-4722 Crisis Line

Days & Hours:
Mon - Fri , 9-5 (Walk-ins)
24 hours daily (Crisis Line)

Person in Charge:
Jeanie Morrow, Executive Director

Services:
Provides supportive services to women who are victim of domestic violence. Maintains a daily inventory of bed space at Bay Area battered women's shelters. A drop-in center provides crisis assistance, options counseling, and individual on-going counseling. Offers support groups for battered women and referrals to selected therapists and attorneys who work with abused women. Cooperative Temporary Restraining Order clinics staffed by attorneys provide low-cost and pro bono assistance in preparing restraining orders, and give guidance with court and police procedures. Lesbian Domestic Violence Program includes individual counseling, restraining orders, group support, community outreach and education. Provides training on domestic violence issues to other community organizations, hospitals and corporations. Also operates Latina Services Program.

Fees: Vary according to income and service. Restraining orders up to $30. No one will be denied service for inability to pay

Eligibility: Women who are victims of domestic violence. San Francisco resident for legal assistance

Area Served: Alameda, Contra Costa, Marin, San Francisco and San Mateo Counties

Application: Walk-in or apply by phone

Languages: Spanish

Accessibility: Wheelchair accessible/restroom, elevator

Transportation: MUNI - 22 Fillmore, 14 Mission, 26 Valencia, 49 City College
BART - 16th Street Station

Funding: Donations, county, fundraising, client fees

WOOLF HOUSE
801 Howard Street
San Francisco, CA 94103

Phone(s):
(415) 495-0837

Days & Hours:
Mon. - Fri., 11:30-12:30
(Lunch served)

Person in Charge:
Dannielle Pimm, Meal Site Coordinator

Services:
Provides hot nutritious senior lunch served Monday-Friday at 11:30 a.m. Also provides support services which include trips, movies, and recreational events and classes.

Fees:	$1.25 suggested donation for lunch; $1.50 Project Angel donation
Eligibility:	Age 60 or over; lunch reservations must be made before 9:30 am on same day
Area Served:	San Francisco County, primarily South of Market
Application:	Walk in or apply by phone
Languages:	Chinese (Cantonese, Mandarin)
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 30 Stockton, 45 Union, 15 Third, 9 San Bruno
Funding:	Donations

Y.M.C.A.
Central Branch Senior Program
220 Golden Gate Avenue, 1st Floor (Leavenworth)
San Francisco, CA 94102

Phone(s):
(415) 885-0460 x 281
Voicemail: x 283 or 279

Days & Hours:
Mon.-Fri., 9-4 (Center)
Mon.-Sat., call for hours (P.E.)

Person in Charge:
Jane Holt, Director, Senior Program
Linda Breitbarth, Senior Program Coordinator

Services:
Offers a diverse program of activities and volunteer opportunities including but not limited to AM Senior Fitness and PM "Chair" Exercise Classes, Water Exercise, T'ai Chi Ch'uan, Senior Lap Swim, use of fitness/strength training equipment (i.e., Nautilus and Life Circuit, treadmills, Nordic Tracks, free weights, etc.), French, Spanish and Russian classes, various Lecture/Workshop Series, opportunities to be involved in Newsletter Writing, Day Trips, Birthday Celebrations, Holiday Events, Roof-Top Gardening or just relaxing in the Senior Center.

Fees: $150 per year. Payment plans as well as financial assistance are available. A free one week try-out may also be available periodical. Note: There is no fee for those wishing to drop in at the Senior Center to enjoy conversation, coffee/tea, magazines, books, puzzles and games

Eligibility: Age 55 and over

Area Served: Primarily San Francisco County

Application: Walk in or call for information

Languages: Chinese (Cantonese, Mandarin), Russian, Spanish - interpretations can be arranged

Accessibility: Wheelchair accessible

Transportation: MUNI - 5 Fulton, 19 Polk. MUNI Metro/BART - Civic Center Station

Funding: Donations, fees, memorial gifts, bequests, annual fundraising.

YMCA of San Francisco
Mission Branch
4080 Mission Street (Highway 280)
San Francisco, CA 94112

Phone(s):
(415) 586-6900
(415) 586-3030 Lunch Program

Days & Hours:
Mon.-Fri., 9-6 (Office)
Mon.-Fri., 9-1 (Seniors)

Person in Charge:
Gloria Garcia, Senior Program Director

Services:
A multipurpose center for seniors age 60 or over. Lunch program Monday - Friday. Programs include exercise, nutrition, sewing classes, lectures and walking group. Monthly trips in Bay Area, Reno, Las Vegas, and Indian Casino. Professional assistance: health screening, income tax, legal and blood pressure check.

Fees: Vary according to service

Eligibility: No requirements

Area Served: San Francisco County, Inner/Outer Mission, Bayview Hunter's Point, Excelsior, Glen Park, Castro, Diamond Heights

Application: Walk in or apply by phone

Languages: Filipino (Tagalog), Spanish (Mon. - Fri., 9-5)

Accessibility: Ramp, wheelchair accessible/restroom

Transportation: MUNI - 14 Mission, 23 Monterey, 44 O'Shaughnessy, 49 City College. BART - Glen Park Station

Funding: Donations, fees, United Way

YMCA of San Francisco
Richmond District Branch
360 - 18th Avenue (Geary)
San Francisco, CA 94121

Phone(s):
(415) 666-9622
(415) 668-3370 Fax

Days & Hours:
Mon. - Fri., 6am-9:30pm
Sat., 8-6
Sun., 9-5

Person in Charge:
Sue Steph, Executive Director
James M. Saidy, Seniors/Volunteer Program Director
Charlotte Durnin, Membership/Administrative Services Director
Scott Glissmeyer, Director of Health Enhancement

Services:
The Senior Center provides services and programs for adults aged 55 and older. Strong focus on health and fitness classes and programs designed for the active older adult, including aerobics classes, strength training, Tai Chi, yoga, and complete fitness facility (Nautilus, cardiovascular equipment, free-weights, sauna and hot tub). Other programs in the Seniors department are educational programs, arts and crafts classes, social activities, community services, volunteer opportunities, and trips and travel programs.

Fees:	$25 basic annual membership plus any program fees that may apply
Eligibility:	55 and over
Area Served:	Richmond District
Application:	Walk in
Languages:	Limited Cantonese, Russian
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 1 California, 2 Clement, 28 - 19th Avenue, 38 Geary
Funding:	Membership, donations, program fees

YMCA of San Francisco
Stonestown Family YMCA
333 Eucalyptus Drive (21st Avenue)
San Francisco, CA 94132

Phone(s):
(415) 759-9622

Days & Hours:
Mon.-Fri., 6am-10pm
Sat., 7am-8pm
Sun., 9am-6pm
Mon.-Fri., 9am-3:30pm (Sr. Ctr.)

Person in Charge:
Deane Shokes, Executive Director
Shirley Barksdale, Senior Program Director
Kathy Orsi, Senior Program Coordinator

Services:
The Seniors Drop-In Center provides information and referral, recreational and cultural activities, health screenings, including weekly blood pressure, chair exercise classes, adaptive exercise for stroke survivors, travel program, annual tax preparation assistance, Christmas Day party and companionship for single seniors and hot lunch served weekdays at noon. The Branch also has a full fitness center providing aerobics, swimming, youth sports, strength and conditioning training, basketball, volleyball, martial arts, water fitness and healthy back programs.

Fees: Vary according to income and service. Senior Center: No charge, some fees for programs

Eligibility: No requirements

Area Served: San Francisco, Colma, Daly City

Application: Walk in or apply by phone

Languages: Some translation available

Accessibility: Special parking ramp wheelchair accessible/restroom. Senior Center is at street level

Transportation: MUNI - 17 Parkmerced, 18 - 46th Avenue, 28 -19th Avenue, 29 Sunset, MUNI Metro - K Ingleside, M Oceanview

Funding: Commission on the Aging, Annual Community Support Campaign, donations, fees

YOUNG LIFE OF SAN FRANCISCO
Elderly Teen Connection (ETC)
222 Plymouth Avenue (Broad)
San Francisco, CA 94112

Phone(s):
(415) 584-0300

Days & Hours:
Mon. - Fri., 10-4
Answering machine at other times

Person in Charge:
Karen Lee, Project Coordinator

Services:
The Elderly Teen Connection trains youth to perform household tasks like housecleaning, yardwork, grocery shopping, light cooking, letter writing, escort service. Students work after school or on weekends for senior adults. Students work a minimum of 2 hours per trip.

Fees:	None for teens. $6 per hour charged for household work, minimum 2 hours per visit
Eligibility:	Youth 14 - 19, seniors age 55 or over
Area Served:	San Francisco County
Application:	Apply by phone
Languages:	Chinese (Cantonese), Spanish (spoken by some teens)
Accessibility:	Not wheelchair accessible at this time
Transportation:	MUNI - 54 Felton, MUNI Metro - M Oceanview
Funding:	Donations

YWCA OF SAN FRANCISCO & MARIN
YWCA Apartments, Inc.
940 Powell Street (Clay)
San Francisco, CA 94108

Phone(s):
(415) 397-6886
(415) 397-1011 Fax

Days & Hours:
Mon. - Fri., 9-5 (Office)

Person in Charge:
Cecilia Shair Katz, Administrator

Services:
A senior citizens housing project in historical Julia Morgan building. Provides safe and secure housing in HUD-funded apartments for independently living elderly, 98 units. 30% of household monthly income covers rent, heating, trash disposal and water. Waiting list! Call for information.

Fees:	30% of income
Eligibility:	Age 62 +, independent living, low income, equal opportunity housing
Area Served:	San Francisco
Application:	Walk in or apply by phone
Languages:	Chinese (Cantonese, Mandarin)
Accessibility:	Wheelchair accessible
Transportation:	MUNI - 1 California, 30 Stockton, Cable Car - Powell Street
Funding:	Federal (HUD)

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